

Falls Awareness Week 2022

October 3rd to 7th

Steady on...
Stay **SAFE**



Strength



And Balance



Falls History



Environment



Falls are not an inevitable consequence of growing older... There are lots of things you can do to reduce the risks.

Who should I help?

Whether you are an individual, a family member or friend or whether you are someone providing a service and want to focus on health and wellbeing, why not do something that can make a difference in helping to prevent people falling. Ask yourself or another older person about falls today and offer help.

Something easy that anyone can do... just ask!

3 simple questions, and a commitment to do something positive.

1. Have you fallen or feared falling in the last 12 months?
2. Do you know why, and do you remember where?
3. Do you want to do something to help stop you falling again?

What can you do?

If you are answering YES to these questions and want to reduce the risk of yourself or someone else falling, it's important to consider all your options:

- Can I do something myself to address the risks, I know what I should be doing?
- Could I do something if I had more information or advice?
- Can I get someone to help me do something about my risk of falling?

Falls are everyone's business. Think falls now!

If you never ask, you'll never know.

Worried?
It's time to Act

Concerned?
It's time to seek Advice

Think it could be me?
It's time to routinely ask

Do you struggle on the stairs, in the bathroom, on steps, or find it difficult to manage in your home?

Do you struggle to keep as active as you used to, to get about, and feel confident on your feet?

Do you struggle with your feet and toenails, or worn footwear?

Do you struggle with your eyesight, or to maintain a healthy diet, or worry about the side effects of your medication?

We are here to help you just to **Talk**, give **Advice** or provide **Help**.

We can help. Get help if you need it



Staying Active, Keeping Strong

www.agecymru.org.uk/falls

0300 303 44 98

Keeping your Home Safe

www.careandrepair.org.uk/falls

0300 111 3333

Keeping your Feet/Self Healthy

www.ageconnectswales.org.uk/falls

01639 617 333

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Wythnos Ymwybyddiaeth Atal Cwmpadau 2022

3-7 Hydref

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Nid yw cwmpadau yn rhan anochel o heneiddio...
Mae llawer o bethau y gallwch eu gwneud i ostwng y risgiau.

Pam y dylwn i helpu?

P'un ai ydych yn unigolyn, yn aelod o deulu neu ffrind neu os ydych yn rhywun sy'n darparu gwasanaeth ac eisiau canolbwyntio ar iechyd a llesiant, beth am wneud rhywbeth a all wneud gwahaniaeth i'ch helpu i atal pobl rhag cwmpo. Holwch eich hunan neu berson hŷn arall am gwmpadau heddiw a chynnig helpu.

Rhywbeth rhydd y gall unrhyw un ei wneud .. holwch!

3 cwestiwn syml ac ymrwymiad i wneud rhywbeth cadarnhaol

1. Ydych chi wedi syrthio neu ofni syrthio yn y 12 mis diwethaf?

2. Ydych chi'n gwybod pam a fedrwch chi gofio ble?

3. Ydych chi eisiau gwneud rhywbeth i'ch helpu rhag cwmpo eto?

Beth fedrwch chi wneud?

Os ydych wedi ateb DO neu YDW i'r cwestiynau hyn ac eisiau gostwng y risg y byddwch chi neu rywun arall yn cwmpo, mae'n bwysig ystyried eich holl opsiynau:

- A fedraf wneud unrhyw beth i drin y risgiau hynny, rwy'n gwybod beth y dylwn fod yn ei wneud
- A fedrwn wneud rhywbeth pe byddai gennyf mwy o wybodaeth neu gyngor?
- A allaf gael rhywun i fy helpu wneud rhywbeth am fy risg o syrthio.?

Os na wneuch byth ofyn, fyddwch chi byth yn gwybod.

Ydych chi'n cael trafferthion ar y grisiau, yn yr ystafell ymolchi, ar stepiau neu'n ei chael yn anodd ymdopi yn eich cartref?

Ydych chi'n ei chael yn anodd i gadw mor weithgar ag yr arferech fod, i symud o gwmpas a bod yn hyderus ar eich traed?

Ydych chi'n cael trafferthion gyda'ch traed ac ewinedd eich trawed neu esgidiau wedi treulio?

Ydych chi'n cael trafferthion gyda'ch golwg neu gadw diet iach neu'n poeni am sgil-ffeithiau eich meddygiaeth?

Rydym yma i'ch helpu i **Siarad**, rhoi **Cyngor** neu ddarparu **Help**.

Wnaeoch chi wahaniaeth i fywyd rhywun heddiw?



Cadw'n Actif, Cadw'n Gryf:

www.agecymru.org.uk/falls

0300 303 44 98

Cadw eich Cartref yn Ddiogel:

www.careandrepair.org.uk/cwmpo

0300 111 3333

Cadwch eich Traed/Hunan yn Iach:

www.ageconnectswales.org.uk/falls

01639 617 333

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Poeni?
IMae'n amser gweithredu

Pryderus?
Mae'n amser gofyn am Gyngor

Meddwl y gallai fod yn fi?
Mae'n amser Holi