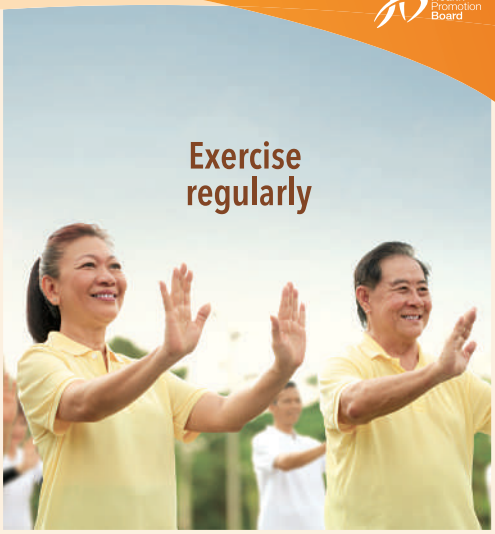
YOU CAN
AGE WELL

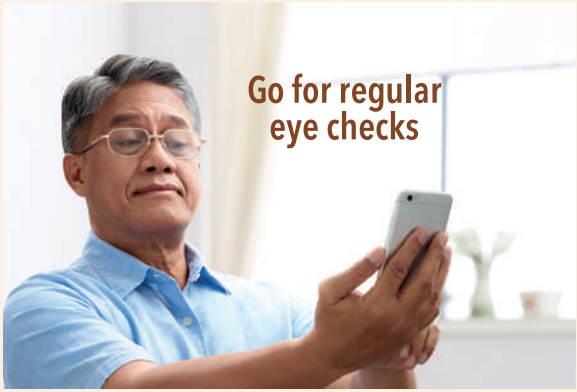
Health Promotion Board





YOU CAN PREVENT FALLS

• GUIDEBOOK •







Enjoy Life Without Falling

Get more from life by staying mobile and independent. Learn about the risk of falls and take steps to prevent them.

This is a guide on how you can reduce the risk of falls and keep yourself in shape so that you can enjoy your golden years.

Are you at risk of falling? Put a (√) next to the question if your answer is yes:

Question	Yes
Have you fallen in the past 12 months?	
Do you avoid going out because you are afraid of falling?	
Do you feel like you are going to fall when standing up or walking?	

Source: Alexandra Health System

If you are 65 or older and have answered 'Yes' to any of these questions, you may be at higher risk of falling. **You can prevent falls!** Take steps to reduce your risk of falls with these 5 easy tips.

If you have fallen or have come close to falling, talk to your doctor for a further falls risk assessment.

Reduce Your Risk Of Falls With These 5 Easy Tips

TIP 1

Keep Your Home Safe And Neat

The home is where you spend most of your time. It's also the most common place for falls among seniors.

Complete the Home Safety Checklist on pages 2 to 6 and learn simple steps to make your home safer.

Home Safety Checklist

All Rooms

- [ ] Remove all loose mats or ensure they are firmly secured with slip-resistant backing.





Home Safety Checklist

All Rooms

☐ Clean up all spills. Keep your floor dry at all times.





☐ Place commonly used items on shelves that can be easily reached. If you need to get an item from a high cabinet, get someone to help you.

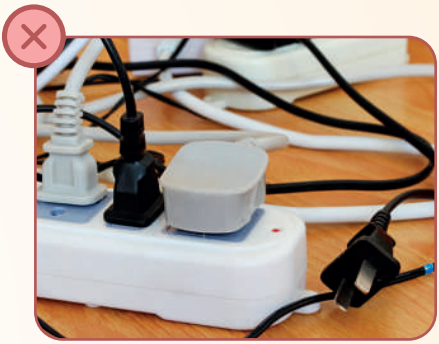




All Rooms

- [ ] Bundle up wires and tuck them against the wall.





- [ ] Make sure all rooms are well-lit.





Home Safety Checklist

All Rooms

- [ ] Keep floors free of clutter and maintain clear paths for walking.

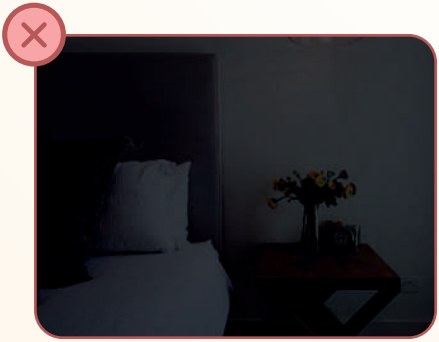




Bedrooms

- [ ] Keep a bedside lamp that you can easily switch on at night.





Bathrooms

- [ ] Install grab bars for extra support.





Subsidy Available

Singapore citizen households can enjoy government subsidies for home improvement items under the Enhancement for Active Seniors (EASE) programme. Visit **go.gov.sg/hpbfalls-ease** or call **1800-225-5432*** between 8am and 5pm on weekdays for more information.

*Airtime charges apply for mobile calls to 1800 service lines.

TIP 2 Exercise Regularly

Stay active. Aim for 150 minutes of physical activity weekly. In addition, do strength and balance exercises (e.g. Tai Chi and Qigong) at least twice a week.

If you are not sure which physical activities you can do, please consult your doctor.

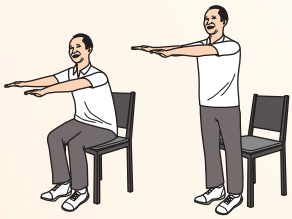
Try these 7 Easy Exercises

Warm-up

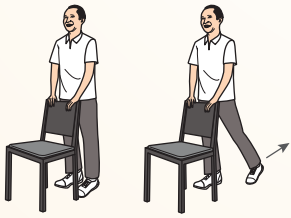


1. Stationary March with Arm Swing/Seated March

Strength Exercises

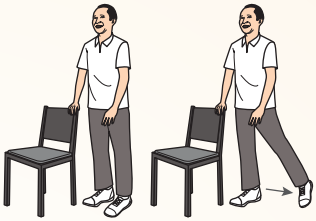


2. Sit to Stand

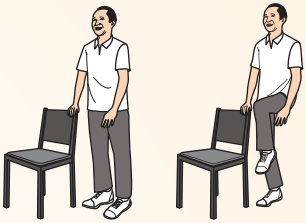


3. Standing Hip Extension

Balance Exercises



4. Side Leg Raise



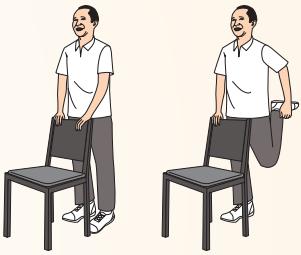
5. Single Leg Stand

Flexibility Exercise



6. Triceps Stretch

Cool Down



7. Standing Quadriceps Stretch



Do these exercises twice a week.

Download your free exercise video at **www.HealthyAgeing.sg/Exercise**

TIP 3

Keep Your Bones Strong

Strong bones will not break easily. Get enough calcium intake and sunlight exposure every day to keep your bones strong!

Did you know?

Adults aged 51 and above require at least 1,000 mg of calcium every day. Based on an average Singaporean diet, you are already taking about 700 mg of calcium every day. To have enough calcium, aim to **add 1 more calcium-rich food to your daily diet.**



Have 1 more of these calcium-rich foods a day:



1 glass of high-calcium low-fat milk (250ml)



1 glass of soybean milk with Healthier Choice Symbol (250ml)



2 pieces of canned low-sodium sardines (140g)



2 tbsp of non-fried ikan bilis



2 square pieces of taukwa (200g)



1 cup of cooked soy beans (180g)



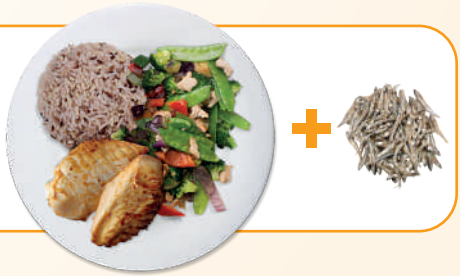
1 small tub (150g) of low-fat yoghurt



1 slice of cheese (20g)

Try this

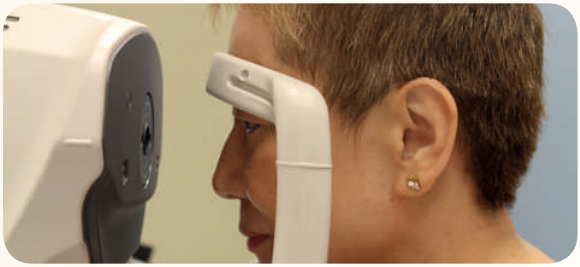
Enjoy some ikan bilis with your meal to give yourself a calcium boost!



TIP 4

Go For Regular Eye Checks

Visit an eye-care professional once a year to check your eyes. This will help ensure that you are not wearing glasses with the wrong prescription or suffering from any eye conditions such as glaucoma or cataracts.

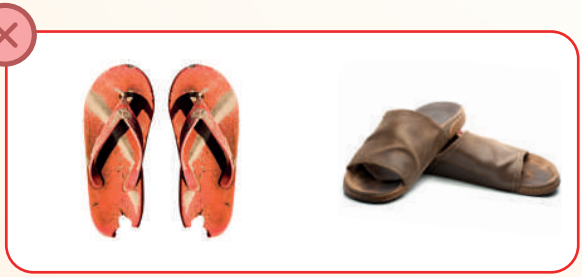


TIP 5

Wear Well-Fitting Non-Slip Shoes

Wear well-fitting, non-slip shoes when you go out, even if it is a walk to the market.





What Should I Do If I Fall?



1

Call for help. If you are in extreme pain or feel giddy, do not try to get up.



2

If you feel strong enough, roll over and bring your elbows under your shoulders.



3

Bring your knees towards your chest and crawl to a chair.



4

Put your hands on a chair and push into a kneeling position.



5

Stand up, turn and sit on a chair. Let your family members know that you fell.

Source: Alexandra Health System

健康乐龄
你能做到

Health Promotion Board





预防跌倒，你能做到！

• 指南 •







防跌倒 生活好

保持活动能力与独立，让生活更美好！要做到这一点，请先了解跌倒的风险，学习如何避免跌倒。

这本指南将教您如何降低跌倒的风险，保持身强体壮，尽享黄金年华。

您是否有跌倒的风险？请在相应的格子中打勾 (√)：

问题	是
您在过去的12个月内是否曾经跌倒？	
您是否因害怕跌倒而避免外出？	
在站立或走路时，您是否感觉自己会跌倒？	

资料来源：亚历山大保健集团

如果您年满65岁或以上，并对以上任何问题回答“是”，这表示您跌倒的风险较大。**跌倒是可以预防的！**5个简单方法帮助您采取措施，降低跌倒风险。

如果您曾经跌倒或几乎跌倒，请向医生咨询，以接受进一步的跌倒风险评估。

降低跌倒风险的5个简单方法

方法 1 保持家居安全整洁

您大部分的时间是在住家内活动，而住家也是乐龄人士最常跌倒的地方。

完成第2至6页的“家居安全清单”，学习简单的防跌措施，让家更安全。

家居安全清单

所有房间

☐ 除去所有容易滑动的地毡，或确保它们的背面附有防滑材料，能够紧贴地面。





家居安全清单

所有房间

☐ 抹干打翻在地上的液体，任何时候都要保持地板干净。





☐ 将常用的物品放在触手可及的架子上。如果您需要从高柜子里拿东西，应请人帮忙。

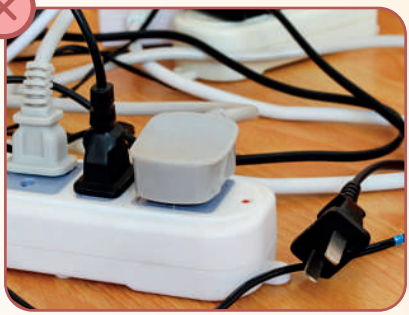




所有房间

☐ 将电线捆绑整齐，置于墙边。





☐ 保持家中灯光明亮。



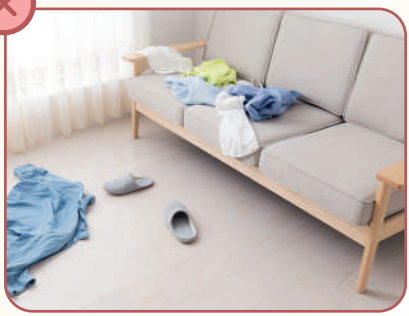


家居安全清单

所有房间

☐ 保持地板整洁，无障碍物。

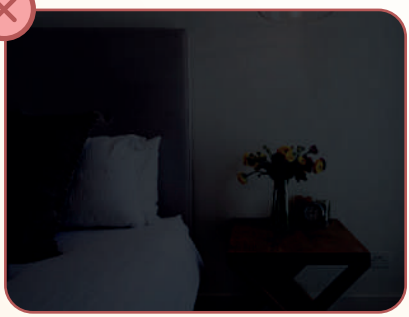




所有卧房

☐ 在床边放置小灯，方便在夜里开灯。





浴室

☐ 安装扶手，以提供额外的支撑。





备有津贴

在“乐龄易计划”(EASE)下，新加坡公民家庭在进行家居改进项目时可获得政府津贴。欲知更多详情，请浏览 **go.gov.sg/hpbfalls-ease** 或在工作日上午8时至下午5时拨 **1800-225-5432***查询。

*通过手机拨打 1800 服务热线需缴付通话费。

方法 2 经常运动

保持活跃！将目标锁定于每周150分钟的体能活动，外加每周至少两次的肌肉增强锻炼与平衡运动（如太极及气功）。

如果您不肯定哪项体能活动适合自己，请向医生咨询。

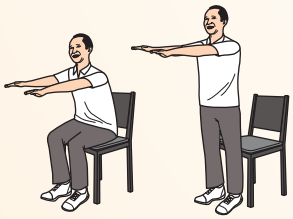
尝试做以下7项简单健身操

暖身运动

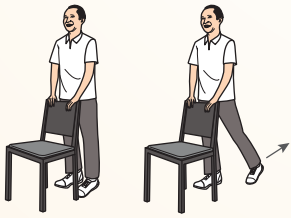


1. 原地摆手踏步/坐着踏步

肌肉增强锻炼

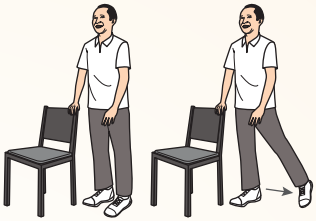


2. 伸手站起坐下

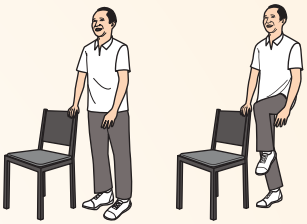


3. 站立式髋部延伸

平衡锻炼



4. 侧抬腿



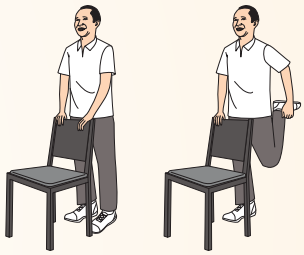
5. 单脚站立

柔韧性锻炼



6. 三头肌伸展

缓和运动



7. 站立式四头肌伸展



每周做
这些运动两次。

请浏览
www.HealthyAgeing.sg/Exercise
下载免费
的健身操视频。

方法 3 保持骨骼强壮

强壮的骨骼不容易出现骨折。
每天摄取充足的钙质及阳光，
就能保持骨骼强壮！

您知道吗？

年满51岁或以上的成年人每天至少需要1,000毫克的钙质。根据一名普通新加坡人的饮食方式，您每天摄取的钙质大约有700毫克。要摄取足够的钙质，您必须在**日常饮食中多加一份富含钙质的食物。**



每天多吃一份这些富含钙质的食物：



1 杯高钙
低脂牛奶
(250毫升)



1 杯印有
“较健康选择”
标签的豆奶
(250毫升)



2 片罐装
低盐沙丁鱼
(140克)



2 汤匙非油炸
的江鱼仔



2 方块豆干
(200克)



1 杯煮熟的黄豆
(180克)



1 小杯(150克)
低脂酸奶



1 片乳酪
(20 克)

尝尝这个

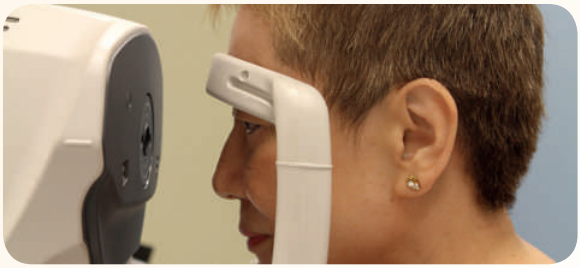
吃饭时配些江鱼仔，
可增加钙质的摄取。





方法 4
定期检查眼睛

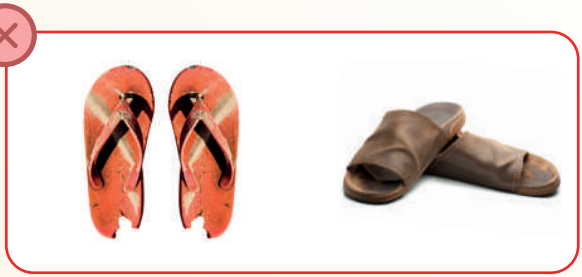
每年让专业眼科人员为您检查视力。这将有助于确保您佩戴合适的眼镜，以及免受眼部疾病的困扰，如青光眼或白内障。



方法 5
穿合适的防滑鞋

外出时穿合适的防滑鞋，即使是步行到附近的巴士也不例外。





跌倒了该怎么办?



1

打电话求救。如果您感到痛楚或头晕，请不要试图爬起来。



2

如果您觉得自己还有足够的力气，先把身体翻过来，再用肘部把身体撑起来。



3

把膝盖拉向胸膛，然后慢慢爬向椅子。



4

把手撑在椅子上，再将自己推起来至跪姿。



5

慢慢地站起来，转身坐下后再通知家人您跌倒了。

资料来源：亚历山大保健集团



For more information,
contact Healthline **1800 223 1313***
or visit **www.HealthyAgeing.sg/FallsPrevention**

欲了解更多详情，
请联络健康热线 **1800 223 1313***
或浏览 **www.HealthyAgeing.sg/FallsPrevention**

An initiative under the Action Plan for Successful Ageing
幸福老龄化行动计划旗下的项目之一

*Airtime charges apply for mobile calls to 1800 service lines.
*通过手机拨打 1800 服务热线需缴付通话费。