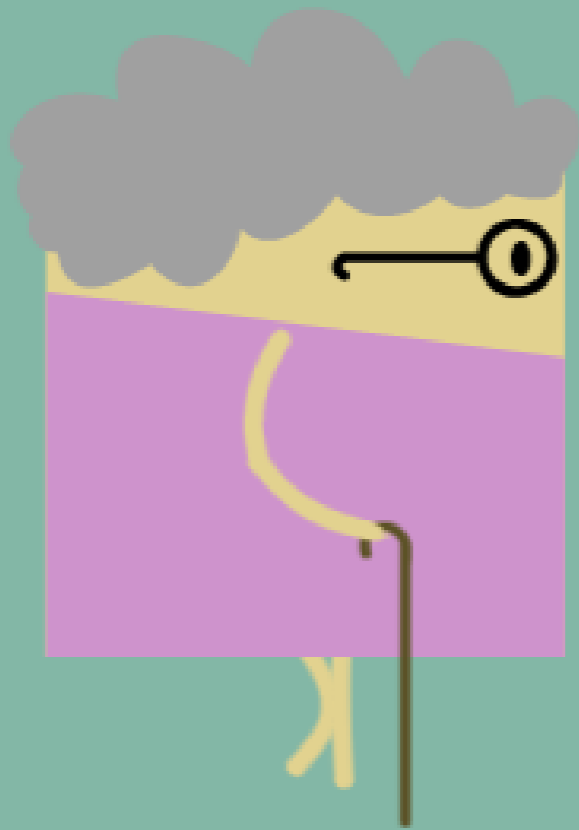


Over 65s

Falls are the most frequent and serious accident in people over 65.



Age
65+

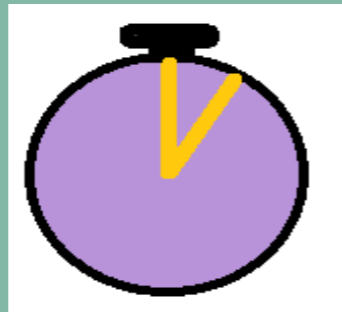


30% or
3 in 10
experience a
fall each year

Age
80+



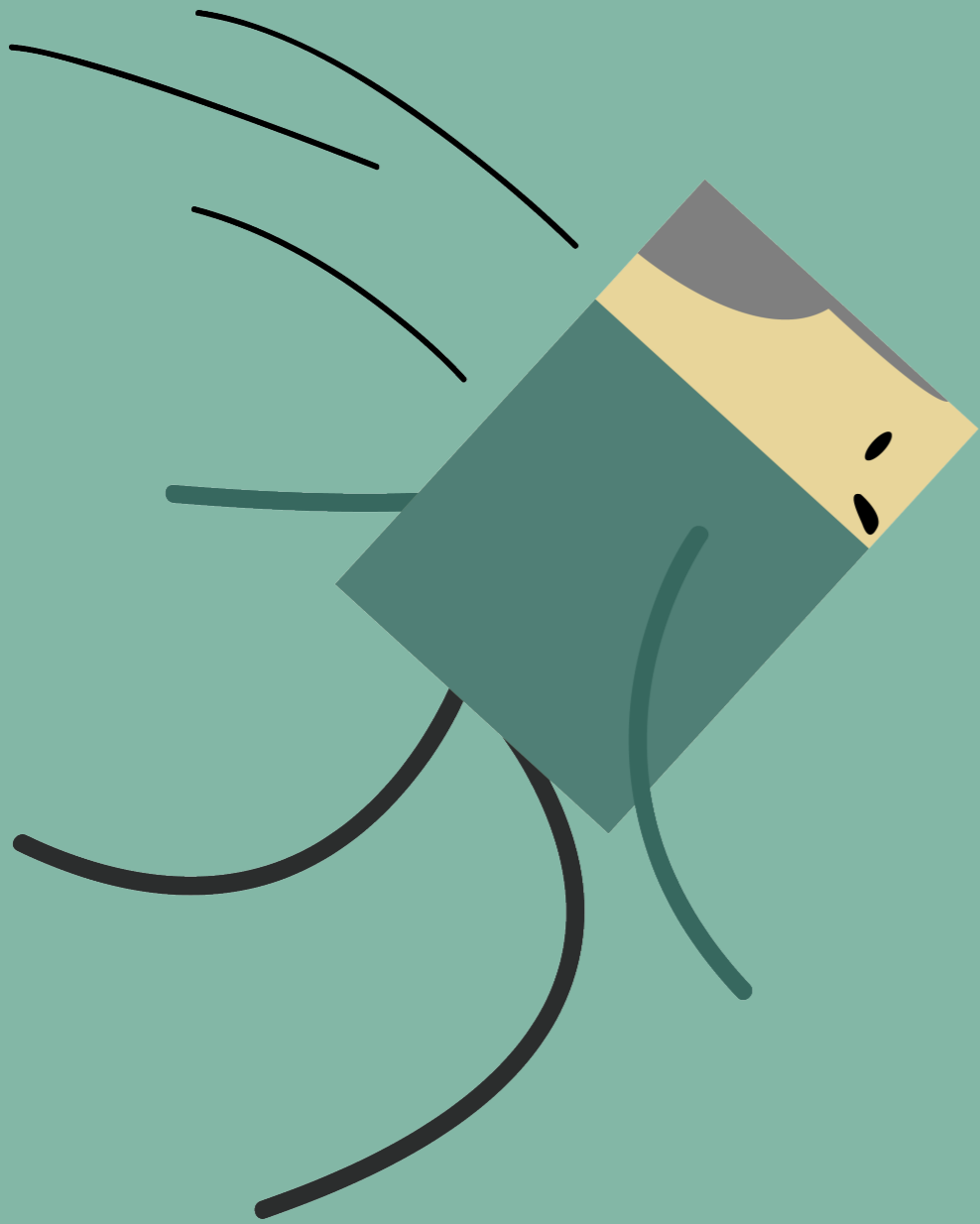
50% or
5 in 10
experience a
fall each year



One person over 65 falls every 6 minutes in the UK.

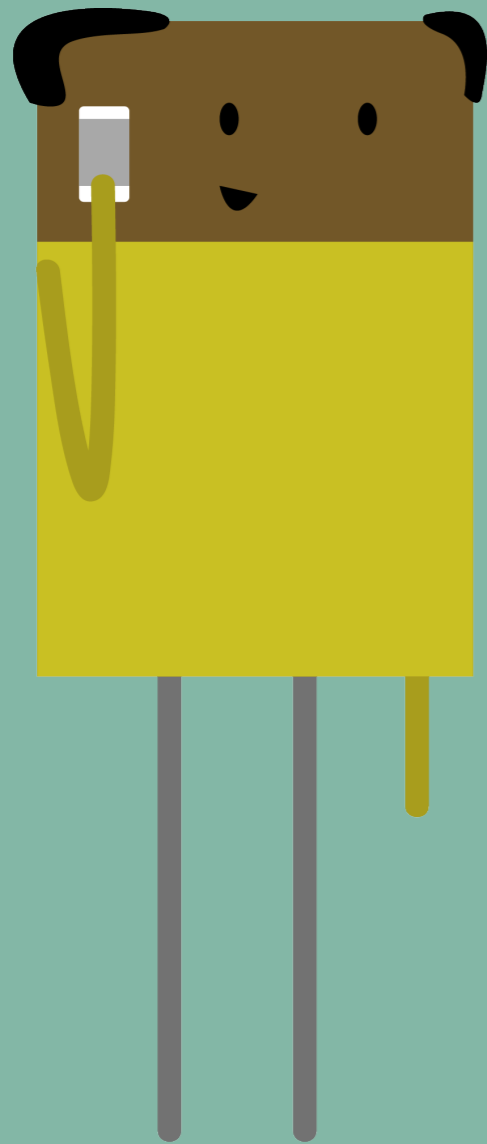
Those with dementia are more likely to fall.

Help yourself not to fall



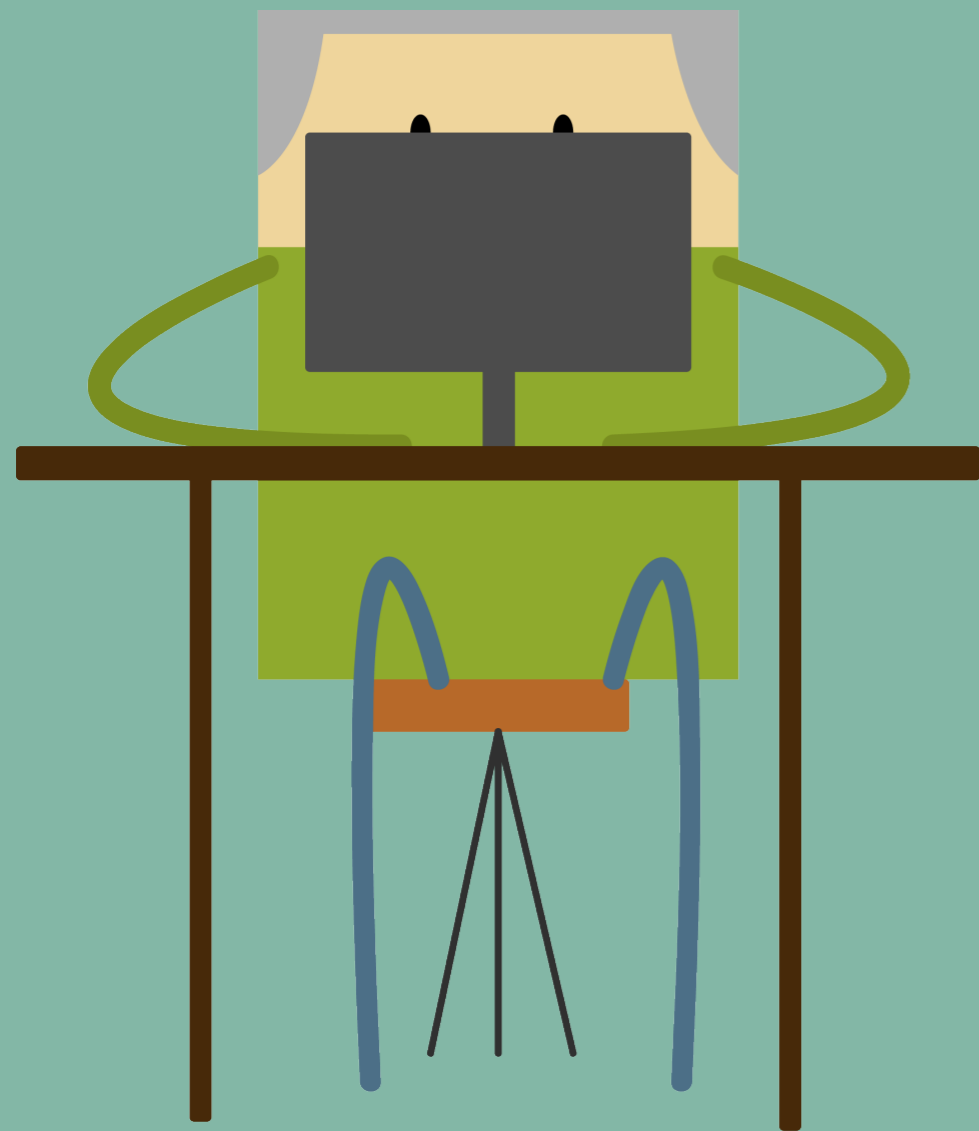
- Keep active to keep balance and strength. Try to walk 30 mins each day.
- Check your home for hazards. Avoid loose rugs, trailing cables and poor lighting.
- Eat well, including calcium and Vit D to keep strong. Drink plenty of fluid to keep well.

Always tell someone if you fall, even if you are not hurt



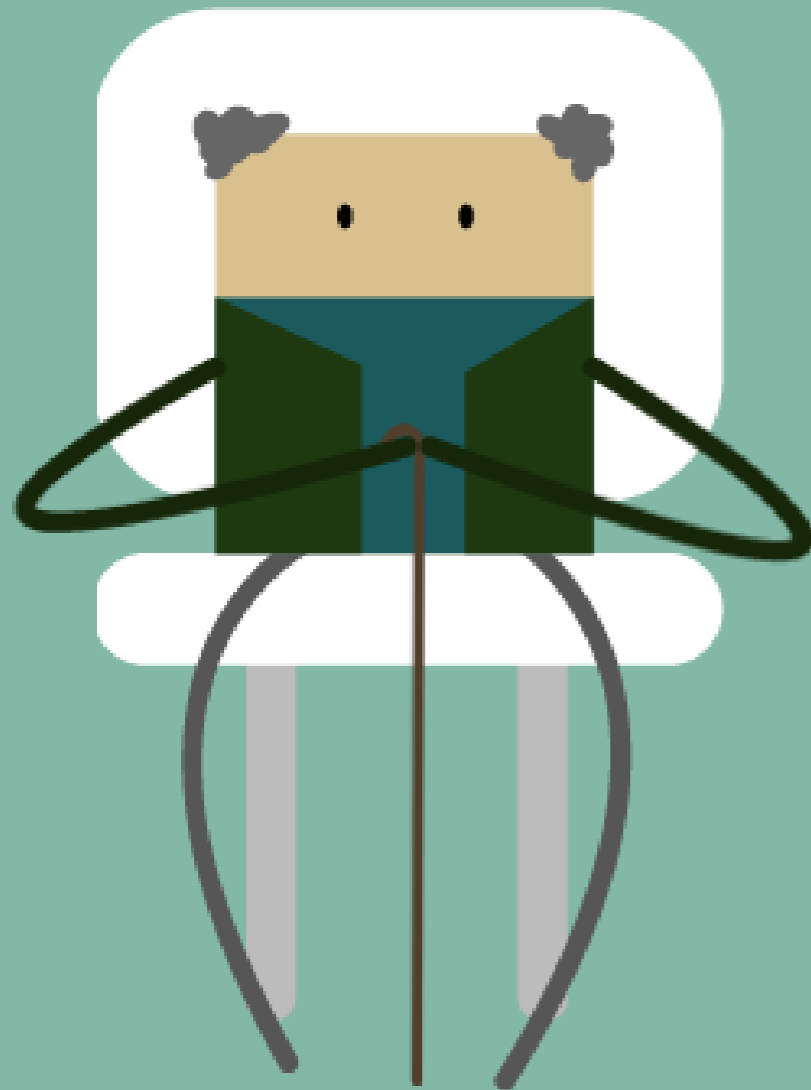
- Make sure you can call for help wherever you are.
- Keep a phone with you or a call alarm to get help 24/7.
- Visit www.norfolk.gov.uk/falls

How much do you know about dementia?



- 1 in 14 people aged over 65, and 1 in 6 people aged over 80 has dementia.
- Dementia is not a natural part of ageing.
- Dementia is not just about memory loss.
- It is possible to live well with dementia but, we can all do more.
- Early diagnosis is important to ensure the right services and support.

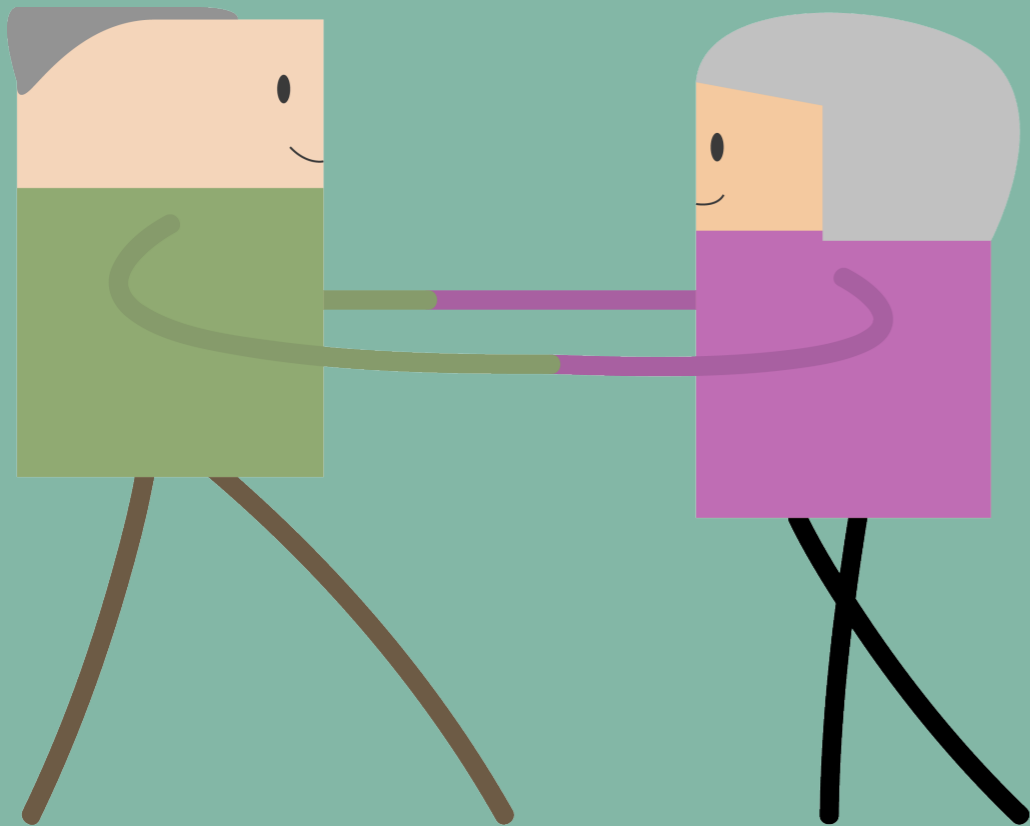
Dementia - What support is available?



- It is important to ask your GP to check out any unusual symptoms. To speak to a trained professional, you can contact:
- Alzheimer's Society Norfolk Office
Tel: 01603 763556
or norfolk@alzheimers.org.uk
- For further information such as support groups and services for carers:
www.norfolk.gov.uk/dementia

Dementia-What can we all do to help?

- Remember – there's more to a person than the dementia.
- Keep active! Being physically active can help to maintain a healthy brain.
- Become a Dementia Friend:
www.dementiafriends.org.uk
- Help to make your community dementia friendly.



Benefits of physical activity



- Regular activity can reduce the impact of several diseases including: osteoporosis, diabetes, high blood pressure, heart disease & stroke.
- It can also reduce arthritis pain, improve sleep, prevent falls & fractures, and improve low mood & memory.

How much physical activity?

Exercise we need



2.5 hrs per week

Aim to be active daily.
Moderate intensity activity in bouts of + 10 minutes or 30 minutes activity on at least five days a week.



Older adults

Older adults should undertake physical activity to improve muscle strength and to improve balance and coordination on at least two days a week.

Ideal activities

Moderate activities



Brisk walking



Ballroom dancing

Vigorous activities



Climbing stairs



Running

Muscle strengthening activities



Pushing wheelbarrows



Stepping & jumping such as chair aerobics

Balance and coordination activities

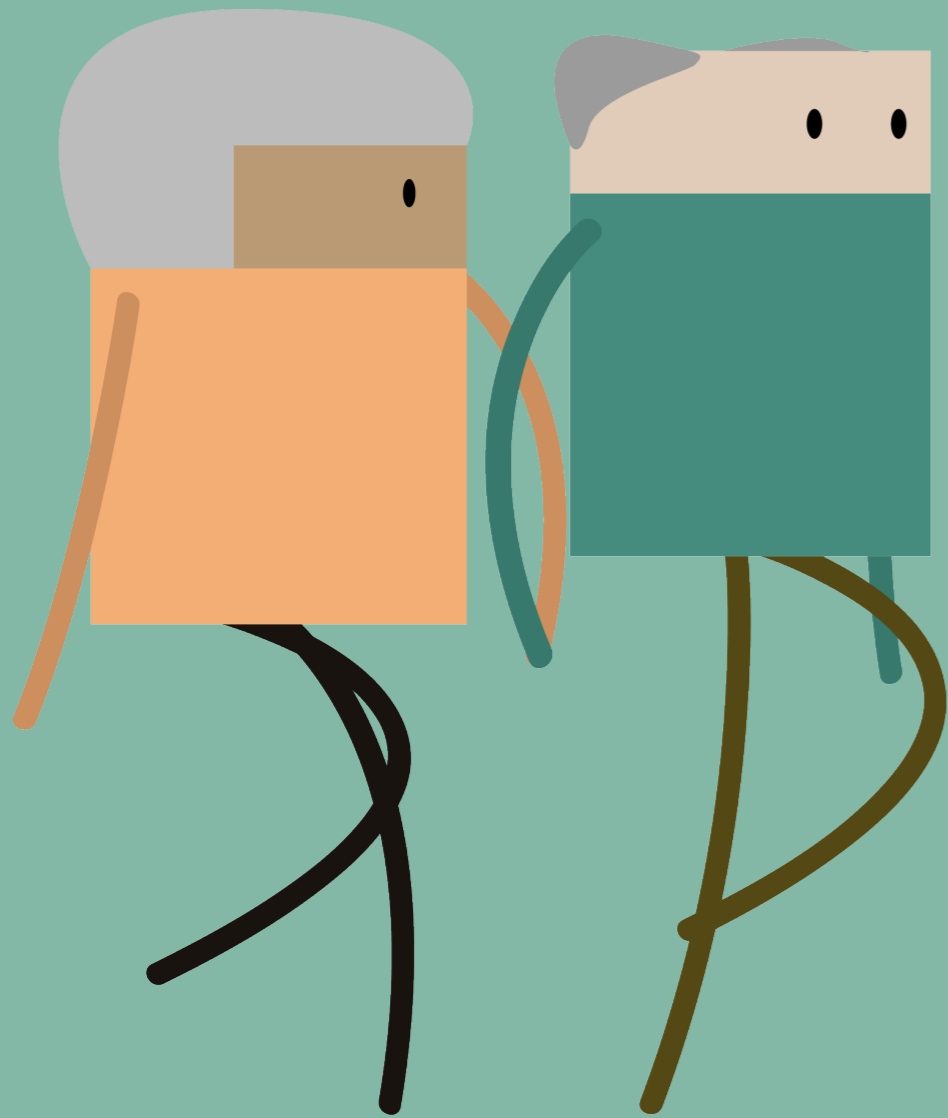


Tai Chi



Yoga

How do I get active?



- Stand up and walk around when the adverts are on TV or whilst talking on the phone.
- Climb the stairs more often.
- Visit www.activenorfolk.org or call 01603 731565 and we will help you find a suitable activity.