

Steady on... Stay **SAFE** Prevent a fall



Strength



And Balance



Falls History



Environment

Falls are not an inevitable part of growing older

Take Action today

Falls Risk	Ask	Act Now
R eview medication	Do you take 4 or more medications daily? Has it been 12 months or more since you had a medication review?	Contact your pharmacist for a medication usage review (MUR). This is a free service and is not to replace your clinical review with your GP
E yesight and hearing	Do you struggle to see objects around you? Have you noticed any blurring or gaps in your vision? Do you have difficulty hearing or interference with your hearing?	Contact your optician to book your eye examination and sight test. A sight test is free if you're aged 60 and over. Many opticians and pharmacies offer hearing tests.
D ecrease your fear of falling	Have you had a fall or a 'near miss'? Do you worry about falling?	Speak to your GP about your concerns.
U rinary tract infection and other infections	Are you visiting the toilet frequently? Are you getting up at night?	Speak to your GP or Practice Nurse.
C heck your blood pressure	Has it been 12 months or more since you had your blood pressure checked?	You can ask at your local pharmacy for a blood pressure check. (Some places charge), or your Practice Nurse at your GP surgery.
I ncontinence bladder and/ bowel	Do you have trouble making it to the toilet in time?	Make an appointment with your GP. Your GP will be able to do a full assessment and discuss treatment options.
N utrition and hydration	Are you noticing a change in your eating? Are you drinking enough throughout the day? Do you ever feel dizzy or faint?	Share any concerns with your GP who can refer you to a dietician if needed
G et Active	Do you spend most days sitting? Do you avoid moving about?	Contact Age Cymru Advice on 0300 303 44 98 to find out what exercise classes are available in your area to suit your needs and interests.
F oot health and supportive footwear	Do you struggle to cut your toenails? Is it painful to walk or stand? Do you struggle to find shoes that are comfortable to wear?	Contact NHS 111 Wales to find a podiatrist or contact Age Cymru Advice on 0300 303 44 98 for information on routine toenail cutting services in your area.
A ids and equipment	Do you use a walking stick or other walking aid? Are they starting to wear? When did you last check these?	Speak to reception staff at your GP surgery to see if you can self-refer or need to see a GP or occupational therapist.
L et people know!	Have you fallen or do you worry about falling?	There's no shame in talking about this. Tell your GP who has good links with your local Falls Clinic or services that can offer a full exploration and assessment of your needs.
L imit unnecessary risk	Act with care at all times, assessing whether you are able to take on the activity/pursuit? Watch alcohol intake. Telecare might give you and family/carer peace of mind if you are worried about falling.	Recognise that your body might not be able to do what it could even a few years ago: assess the risks. Recognise the impact of alcohol intake beyond recommended levels, or when your taking medication. If Telecare and monitoring falls gives confidence then find out how to access in your area: DEWIS Cymru - https://www.dewis.wales/
S afe from hazards in the home	Have you thought about trip hazards in your home? Are you worried about lighting, or keeping warm? Do you struggle with your stairs/steps?	Contact Care & Repair on 0300 111 3333 for advice on adapting you home..

For more information visit:
www.agecymru.org.uk
www.ageconnectswales.org.uk
www.careandrepaircymru.org.uk



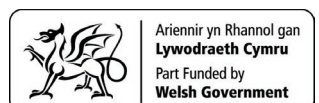
0300 303 4498



01639 617 333



0300 111 3333



Sadiwch i... Gadw'n SAFF



Cryfder



A Chydbwysedd



Hanes
o gwmpo



Amgylchedd

Atal cwmpo

Dydy cwmpo ddim yn rhan anochel o fynd yn hŷn

Gweithredwch heddiw

Risg Cwmpo	Gofynnwch	Gweithredwch nawr
G olwg a chlyw	Ydych chi'n ei chael yn anodd gweld y pethau sydd o amgylch? Ydych chi wedi sylwi ar unrhyw niwl neu fylchau yn eich golwg? Ydych chi'n cael anhawster clywed neu ymyriad gyda'ch clyw?	Cysylltu gyda'ch optegydd i drefnu archwiliad llygaid a phrawf golwg. Mae prawf golwg yn rhad ac am ddim os ydych yn 60 oed neu drosodd. Mae llawer o optegwyr a fferyllfeydd yn cynnig profion clyw.
O ffer a chymorth	Ydych chi'n defnyddio ffon neu gymorth arall i gerdded? Ydyn nhw'n dechrau treulio? Pryd gawsoch chi eu gwirio diwethaf?	Siarad gyda staff derbynfa eich meddygfa i weld os gallwch hunanatgyfeirio neu os oes angen i chi weld meddyg teulu neu therapydd galwedigaethol.
S ymud o gwmpas	Ydych chi'n treulio'r rhan fwyaf o'r dydd yn eistedd? Ydych chi'n osgoi symud o gwmpas.	Cysylltu â Chyngor Age Cymru ar 0300 303 44 98 i ganfod pa ddsbarthiadau ymarfer sydd ar gael yn eich ardal i weddu eich anghenion a'ch diddordebau.
T raed ac esgidiau	Ydych chi'n ei chael yn anodd torri ewinedd eich traed? A yw'n boenus cerdded neu sefyll? Ydych chi'n ei chael yn anodd canfod esgidiau cysurus?	Cysylltu â GIG 111 Cymru i ganfod podiatregydd neu gysylltu â Chyngor Age Cymru ar 0300 303 44 98 i gael gwybodaeth ar wasanaethau torri ewinydd yn eich ardal.
Gadael i bobl w ybod!	Ydych chi wedi syrthio neu ydych chi'n poeni am syrthio?	Does dim cywilydd siarad am hyn. Dywedwch wrth eich meddyg teulu sydd â chysylltiadau da gyda'ch Clinig Syrthio Lleol neuwasanaethau a all gynnig ymchwiliad llawn ac asesiad o'ch anghenion.
N ewid arferion bwyta ac yfed	Ydych chi wedi sylwi ar newid yn eich eich arferion bwyta? Ydych chi'n yfed digon drwy gydol y dydd? Ydych chi'n teimlo'n benysgafn neu'n wan weithiau?	Soniwch wrth eich meddyg teulu am eich pryderon, a all eich cyfeirio at ddietydd os bydd angen.
G ostwng eich risg o gwmpo	Ydych chi wedi cwmpo neu feddwl ei bod ar fin cwmpo? Ydych chi'n poeni am gwmpo?	Siarad gyda'ch meddyg teulu am eich pryderon.
C lefyd ar y llwybr wrinol a heintiadau eraill	Ydych chi'n mynd i'r toiled yn aml? Ydych chi'n codi yn ystod y nos?	Siarad gyda'ch meddyg teulu neu nyrs y feddygfa.
G wirio eich pwysedd gwaed	A yw'n 12 mis neu fwy ers i chi gael gwirio eich pwysedd gwaed?	Holi'r fferyllfa leol am wiriad pwysedd gwaed (mae rhai fferyllfeydd yn codi tâl am hyn) neu Nyrs eich Meddygfa.
Y bledren a/neu'r coluddyn	Ydych chi'n cael traferth cyrraedd y tŷ bach mewn pryd?	Gwneud apwyntiad gyda'ch meddyg teulu. Gall eich meddyg teulu wneud asesiad llawn a thrafod opsiynau triniaeth.
M eddyginiaeth	Ydych chi'n cymryd 4 neu fwy o fathau o feddyginiaeth bob dydd? A yw'n 12 mis neu fwy ers i chi gael adolygiad meddyginiaeth?	Cysylltu â'ch fferyllfydd i gael adolygiad defnydd meddyginiaeth. Mae hyn yn wasanaeth rhad ac am ddim ac nid yw yn lle eich adolygiad clinigol gyda'ch meddyg teulu.
P eryglon yn y cartref	Ydych chi wedi meddwl am beryglon baglu yn eich cartref? Ydych chi'n pryderu am oleuadau neu gadw'n gynnes? Ydych chi'n cael traferth gyda grisiau/stepiau?	Cysylltu gyda Gofal a Thrsio ar 0300 111 3333 i gael cyngor ar addasu eich cartref.
O sgoi risg diangen	Byddwch yn ofalus bob amser, gan asesu p'un ai allwch fedru wneud y gweithgaredd. Cadwch ofal am eich defnydd o alcohol. Efallai y byddai Teleofal yn rhoi tawelwch meddwl i chi a'ch teulu/gofalwr os ydych yn pryderu am syrthio	Cydnabod nag yw eich corff efallai yn medru gwneud yr hyn a fedrai hyd yn oed ychydig flynyddoedd yn ôl: asesu'r risgiau. Sylweddoli effaith yfed mwy o alcohol nag a argymhellir, yn enwedig pan yn cymryd meddyginiaeth. Os yw Teleofal a monitro syrthio yn methu rhoi hyder i chi, yna canfyddwch sut i'w dderbyn yn eich ardal: DEWIS Cymru - https://www.dewis.wales/

Am fwy o wybodaeth ewch i:
www.agecymru.org.uk
www.ageconnectswales.org.uk
www.careandrepaircymru.org.uk



Creu Cymru oed gyfeillgar
Creating an age friendly Wales



01639 617 333



0300 111 3333



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