

# Steady on... Stay SAFE



Strength



And Balance



Falls History



Environment

## Falling over isn't an inevitable part of ageing

Did you know that many of us start to feel a bit unsteady on our feet or worry about falling. But there are simple things we can do to help avoid a slip or fall.

### Take action today

What	Ask	Act now
<b>Review medication</b>	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.
<b>Eyesight and hearing</b>	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.
<b>Decrease your fear of falling</b>	Have you had a fall or a 'near miss'? Do you worry about falling?	Speak to your GP about your concerns.
<b>Urinary tract infection and other infections</b>	Are you visiting the toilet frequently? Are you getting up at night?	Speak to your GP or Practice Nurse.
<b>Check your blood pressure</b>	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.
<b>Incontinence bladder and/ bowel</b>	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.
<b>Nutrition and hydration</b>	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.
<b>Get Active</b>	Do you spend most days sitting? Do you avoid moving about?	Contact Age Cymru Advice on <b>0300 303 44 98</b> to find out what exercise classes are available in your area to suit your needs and interests.
<b>Foot health and supportive footwear</b>	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 your local Age Connects Wales for information on routine toenail cutting services in your area on 01639 617 333.
<b>Aids and equipment</b>	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.
<b>Let people know!</b>	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.
<b>Limit unnecessary risk</b>	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 - <a href="https://www.dewis.wales/">https://www.dewis.wales/</a>
<b>Safe from hazards in the home</b>	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 <b>0300 111 3333</b> for advice on adapting you home.

For more information visit:

[www.agecymru.org.uk/falls](http://www.agecymru.org.uk/falls)

Or call Age Cymru Advice on

0300 303 44 98 (charged at a local rate)

Monday to Friday between 9am and 4pm.



Ariennir yn Rhannol gan  
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Hanes  
o gwmpo



Amgylchedd

## Nid yw cwmpo'n rhan anochel o heneiddio

A oeddech chi'n gwybod bod nifer ohonom yn dechrau teimlo ein bod ni'n gwegian ar ein traed, neu'n becco am gwmpo? Ond mae 'na bethau syml gallwn ni eu gwneud er mwyn helpu i osgoi llithro neu gwmpo.

## Gweithredwch heddiw

Beth	Gofyn	Gweithredu nawr
<b>Golwg a chlyw</b>	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.
<b>Offer a chymorth</b>	Ydych chi'n defnyddio ffon neu gymorth arall i gerdded? Ydyn nhw'n dechrau treulio? Pryd gawsach 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
<b>Symud o gwmpas</b>	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 <b>0300 303 44 98</b> i ganfod pa ddsbarthiadau ymarfer sydd ar gael yn eich ardal i weddu eich anghenion a'ch diddordebau
<b>Traed ac esgidiau</b>	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?	Cysylltwch â GIG 111 Cymru i ddod o hyd i podiatregydd neu cysylltwch â'ch Age Connects Wales lleol i gael gwybodaeth am wasanaethau torri toenail arferol yn eich ardal ar 01639 617 333.
<b>Gadael i bobl wybod!</b>	Ydych chi wedi syrthio neu ydych chi'n poen am syrthio?	Does dim cywilydd siarad am hyn. Dywedwch wrth eich meddyg teulu sydd â chysylltiadau da gyda'ch Clinig Syrthio lleol neu wasanaethau a all gynnig ymchwiliad llawn ac asesiad o'ch anghenion.
<b>Newid arferion bwyta ac yfed</b>	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 dietegydd os bydd angen
<b>Gostwng eich risg o gwmpo</b>	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
<b>Clefyd ar y llwybr wrinol a heintiadau eraill</b>	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
<b>Gwirio eich pwysedd gwaed</b>	A yw'n 12 mis neu fwy ers i chi gael gwirio eich pwysedd gwaed?	Holi'r fferyllfa leol am wiriad pwysedd gwad (mae rhai fferyllfeydd yn codi tâl am hyn) neu Nyrs eich Meddygfa.
<b>Y bledren a/neu'r coluddyn</b>	Ydych chi'n cael trafferth cyraedd y tŷ bach mewn pryd?	Gwneud apwyntiad gyda'ch meddyg teulu. Gall eich meddyg teulu wneud asesiad llawn a thrafod opsiynau triniaeth.
<b>Meddyginiaeth</b>	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 fferyllfeydd 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.
<b>Peryglon yn y cartref</b>	Ydych chi wedi meddwl am beryglon baglu yn eich cartref? Ydych chi'n pryderu am oleuadau neu gadw'n gynnes? Ydych chi'n cael trafferth gyda grisiau/stepiau?	Cysylltu gyda Gofal a Thrsio ar 0300 111 3333 i gael cyngor ar addasu eich cartref.
<b>Osgoi risg diangen</b>	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 flynnyddoedd yn ôl: asesu'r risgiau. Sylweddali effaith yfed mwy o alcohol nag a argymhellir, neu pan yn cymryd meddyginiaeth. Os yw Teleofal a monitro syrthio yn methu rhoi hyder i chi, na canfyddwch sut i'w dderbyn yn eich ardal: DEWIS Cymru - <a href="https://www.dewis.wales/">https://www.dewis.wales/</a>

I gael mwy o wybodaeth edrychwch ar:

[www.agecymru.org.uk/falls](http://www.agecymru.org.uk/falls)

Neu ffoniwch Age Cymru Advice ar

0300 303 44 98 (ar y gyfradd leol)

ar agor rhwng 9am a 4pm, Llun-Gwener.

