



Preventing falls:

How medicines management can help
you stay safe as you age

Falls are not an inevitable part of getting older. In fact, many falls can be prevented as they often result from a combination of factors.

Medicines can contribute to falls by causing side effects such as drowsiness, dizziness, confusion, dehydration, and vision problems.

Top tips to prevent falls:

- Learn about your medicines, the side effects and what you should and shouldn't take them with.
- Do not change or stop any medicines without talking to your GP or local pharmacist first.
- Organise and plan your medicines to ensure you are taking them as prescribed.
- Ask your GP or local pharmacist for a medicines review, especially if it's been longer than 12 months since your last one.
- If you have a fall, do not ignore it - let your GP or local pharmacist know. They can provide falls prevention advice.

For further falls prevention tips, visit nwas.nhs.uk/falls or scan the QR code with your smartphone.

