



How To Stay On Your Feet

1



Have your medicines reviewed

2



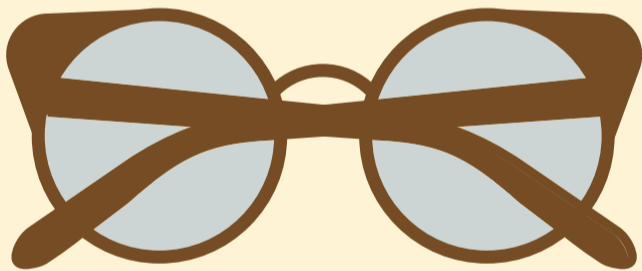
Wear safe footwear

3



Stay hydrated and eat a balanced diet

4



Ensure you have your glasses and hearing aids

5



Keep active

6



Follow the advice from staff

7



Manage toileting

8



Use your walking aids

For more information

Speak to your treating team about any concerns



HealthyWA



Stay On Your Feet