

Love Your Slippers!

It may sound obvious, but your slippers could make you fall if they're trodden down at the back or loose with wear. Make sure they fit you well and have soles that grip rather than slip.

If you're concerned about your balance and worry that you may be at risk of falling, speak to your GP, District Nurse, Adult Social Care or Age UK for help and advice.

Visit www.westberks.gov.uk/fallsprevention for advice and safety tips.



West Berkshire
COUNCIL