

# No Falls November

No Falls November aims to prevent falls in hospitals and residential aged care. There are themes for each day of the week. You can plan your No Falls November campaign over a week or a month.

## Move it Monday

Falls can be prevented, and it all starts with Move it Monday! Let's build strength and balance to keep everyone steady on their feet.



## Teach back Tuesday

Education is key to having a great understanding of preventing falls. Teaching people to teach others helps us all.



## Wobbly Wednesday

Today is a day to raise awareness about dizziness and take steps to keep our patients and residents steady and safe.



## Tinkle Thursday

This day focuses on managing incontinence and how this can reduce the risk of falls and promote wellbeing.



## Forget Me Not Friday

People with delirium and dementia are at greater risk of falling. We can make a difference in the lives of those living with cognitive impairment.

