

# How a fall can impact on your confidence and mental health.

A fall — or even a near miss — can affect how you feel as well as your body. Many people feel shaken, worry about falling again, or lose confidence with movement, even after recovering physically. This can lead to avoiding activities, becoming less active, and feeling isolated or low in mood. These reactions are common, and support can really help.

Talking things through, rebuilding strength and balance, and getting practical advice can help restore confidence and make everyday life feel safer again.



## Ageing well is possible at any age

Ageing Well BwD supports people aged 50+ to stay active, connected and independent. Find local services, advice and support at [bewellbwd.com/ageing-well](http://bewellbwd.com/ageing-well)

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## Vaccinations and staying steady

Illnesses like flu, COVID 19, pneumonia, RSV and shingles can make you feel weak or unsteady on your feet. Vaccinations help reduce serious illness and protect your long term health.

### Benefits:

- Lower risk of serious illness and hospital stays
- Support recovery and independence
- Help protect long term health as we age

Free vaccinations are available for everyone in Blackburn with Darwen

**Speak to your GP practice or nurse for advice**



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Blackburn with Darwen



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## Staying steady, confident and safe

Support for preventing falls



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# Staying strong & active

You may not have had a fall, but you might notice feeling a little less steady, moving around less, or spotting things at home that could increase your risk of slipping or tripping.

## Things that may help:

- Keeping up regular movement or gentle exercise
- Having your eyes and ears checked
- Eating a balanced diet with enough protein, calcium and vitamin D and drinking fluids throughout the day
- Wearing well fitting footwear with a good grip

## Local support:

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- **Age UK BwD Active Ageing Classes**  
Friendly classes that focus on building strength and balance **Tel: 01254 266620**
- **Blackburn Rovers Community Trust Healthy Lifestyle Programmes**  
Fun, inclusive sessions to help you stay active **Tel: 01254 508256**
- **BwD Wellbeing Service Exercise on Referral**  
A guided programme to help keep you moving **Tel: 01254 682027**
- **Care Network Healthy Homes Service**  
Advice on simple home safety options **Tel: 01254 507255**
- **Lancs Fire and Rescue Service** Home fire safety check **Tel: 0800 169 1125**

# Checking in on your balance

You may have had a fall or near miss, or noticed changes in how steady you feel.

## You might recognise:

- A recent fall or slip
- Managing long term health conditions
- Taking several medications
- Feeling dizzy or unsteady at times

## You may find it helpful to:

- Try guided strength & balance activities
- Ask for a medication review with a clinician
- Explore home safety options that make moving around easier
- Notice whether alcohol affects how steady you feel

## Local support:

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- **Age UK BwD**  
Ongoing support to stay active and connected **Tel: 01254 266620**
- **BwD Wellbeing Service Strength & Balance Programme**  
Build confidence, strength and balance at your own pace **Tel: 01254 682037**
- **Care Network Healthy Homes Service**  
Free home check and advice around falls prevention in the home **Tel: 01254 507255**
- **East Lancs Health Trust (ELHT) Steady on Team**  
Home assessments to spot risks and offer suggestions **Tel: 01282 805989**

# If falls are becoming more frequent

If you've had a few falls or are coping with different health challenges, it's understandable to want a bit of extra support to feel safer at home.

## You might find it helpful to:

- Talk with a clinician, nurse, or another health professional
- Explore support that feels right for you

They'll take time to listen, understand your experience, and work with you to find support that fits your needs.

## Local support:

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- **Speak to your GP, who can advise you and make referrals on your behalf if needed**
- **BwD Independent Living Service**  
A simple conversation may help to point you in the right direction for support **Tel: 01254 587547**
- **ELHT Intensive Home Support Service**  
Support to help you stay independent, regain confidence and prevent hospital admissions. People who are already known to the service may self-refer **Tel: 01282 805989**