

LIVE STRONGER FOR LONGER

The Super Six Challenge

Falls are not an inevitable part of getting older.

Anyone can have a fall but older people who fall are more likely to end up in hospital.

Do you want to stay independent?

Do you want to take action to reduce the risk of having a fall?

This booklet will help you assess your risk of having a fall and by taking our Super Six Challenge to help you **LIVE STRONGER FOR LONGER**.



LIVE STRONGER FOR LONGER

To help you stay steady, try doing the 'super six' at least twice a week.



SIT TO STAND

Sit up tall near the front of your chair.

Place your feet slightly back and hip-width apart. Lean forwards slightly and stand up slowly - using your hands on the chair if needed.

Step back until your legs gently touch the chair. Slowly tower your bottom back into the chair - using your hands if needed. Repeat up to 10 times.



HEEL RAISES

Stand tall with your feet hip width apart.

Hold your support. Slowly lift up your heels, keeping the weight over your big toes. Try not to lock your knees.

Aim to lift for a slow count of 3 and lower for a slow count of 5 each time. Repeat up to 10 times.



TOES RAISES

Stand tall with your feet hip width apart.

Hold your support. Slowly lift the front of your foot keeping your knees soft. Try not to stick your bottom out. Lower the toes slowly.

Aim to lift for a slow count of 3 and lower for a slow count of 5 each time. Repeat up to 10 times.



- MAKE SURE THE CHAIR YOU USE IS STURDY
- WEAR SUPPORTIVE SHOES
- IF YOU EXPERIENCE CHEST PAIN, DIZZINESS OR SEVERE SHORTNESS OF BREATH, STOP AND CALL YOUR GP OR CALL 111
- A SLIGHT SORENESS THE DAY AFTER IS QUITE NORMAL



HEEL TOE STAND

Stand tall, take hands off if possible, holding on.

Place one foot in front of the other so that your feet form a straight line. Look ahead and balance for 10 seconds - taking your hand off if possible.

Take the feet back to hip width apart. Repeat with the other foot in front, balancing for another 10 seconds.



HEEL TOE WALKING

Stand tall side on, to your support.

Walk 10 steps forwards placing one foot directly in front of the other so that your feet form a straight line. Look ahead and aim for a slow walking action.

Only hold on if you need to. Take your feet back to hip width apart before turning slowly towards your support. Repeat the steps in the other direction.



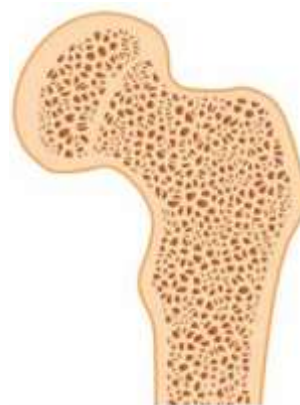
ONE LEG STAND

Stand close to your support and hold on.

Balance on one leg, keeping your leg straight but your knee soft.

Stand tall. Hold for 10 seconds. Repeat with the other leg.

For further information please visit: <https://www.ageuk.org.uk/derbyandderbyshire/our-services/exercise/falls-prevention>



Healthy Bone



Osteoporosis

**Keeping your bones healthy is important, regardless of your age.
If your bones are strong, there is less chance of you breaking a bone if you fall.**

Acknowledgements

Thank you to the following, which material has been sourced from: The 'cross agency and whole of system approach' to falls and fracture management in New Zealand between HQSC, ACC and MoH.

The Scottish Government

Age UK Derby and Derbyshire

Saga

Derbyshire County Council

Later Life Training

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Super 6 Challenge	Example Actions	What I will do	Done (tick)
Complete the falls risk assessment 	<p>If you are at risk of falling discuss the results with your GP.</p>		
Stay Active 	<p>Begin exercises to improve strength and balance. Join Strictly No Falling class.</p>		
Create a safer home 	<p>Remove clutter Re-locate trailing cables Arrange for a check of my home by Derbyshire Fire and Rescue or the Handy Van service.</p>		
Love Your Health 	<p>Get more active – join Strictly No Falling.</p>		
Better Bones 	<p>Improve your diet – eat more vitamin D and calcium rich food e.g. fatty fish, cheese.</p>		
Plan Ahead 	<p>Cushions, blankets and water around the home. Make the house as fall proof as possible, keep your phone with you and get a falls pendant.</p>		

12-week Activity Record

Name –

Start Date

Finish Date

Put a tick and date each time you do some exercise, including your weekly Strictly No Falling session.

Let your SNF team know you have completed your 12-week programme and then your certificate will be sent to you.

Week 1	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
1 ☀							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12 ☀							

Safeguarding Adults

Abuse causes harm or distress to an older person.

It is a violation of an individual's human rights.

Abuse can happen anywhere.

If you need help please talk to someone.

Help is available from 'Call Derbyshire' on **01629 533190**

(24 hours a day, 7 days a week)

or Derby on **01332 717777**.