

Hints and tips on the impact of medication and your mobility

Your risk of falls increases with the more medicines that you take. This includes medicines prescribed for you by a doctor and those you may buy yourself.



In some cases, a single medicine may increase your risk of falls, or it may be due to a number of your medicines. Some medicines (such as sleeping tablets, antidepressants, some painkillers and heart and blood pressure medicines) may increase your risk of falls more than others. If you are concerned speak to your local pharmacist.

Seek advice from your pharmacist if you start to experience falls or unsteadiness, or if it becomes more of a problem for you after a change is made to your medication, e.g. when a new medication is started, the dose is adjusted on your usual medication, or any medication is stopped.

Always take your medication as prescribed and at regular intervals, paying special care to follow instructions on the label. Never share your medication with others, or take anyone else's medication, even though they may have similar symptoms. Report any symptoms, side effects or concerns you may

have about your medication to your pharmacist. **NEVER** stop a medicine on your own without discussing your concerns with your GP.



If you are experiencing problems taking or remembering to take your medication there is help available - ask your local pharmacist for advice.

If you struggle with opening bottles, packets or have problems with your vision, the pharmacist may be able to dispense your medicine in a different way to help.

Large instruction labels can be printed for your medicines if your eye sight is poor, and there are various devices available to help you to cut/crush tablets or to help open foil packaging. Pharmacists can also give you advice about medication dose boxes, which can help remind you when and what medications to take each day.