

BALANCE & FALLS

A practical guide to steadier, safer movement



BALANCE CAN CHANGE AT ANY AGE

Falls are not an inevitable part of ageing. A fall, near-fall, new unsteadiness or dizziness is a good reason to review what may be affecting movement and confidence.



WHAT CAN AFFECT BALANCE?

- Leg strength, mobility or confidence
- Dizziness or vertigo
- Vision, foot sensation or hearing changes
- Pain, fatigue or illness
- Some medicine side effects
- Footwear, mobility aids or home hazards



PRACTICAL STEPS

- Keep active in ways that feel manageable.
- Include balance and everyday movement practice alongside leg-strength work.
- Wear secure footwear; check that walking aids fit and are used safely.
- Improve lighting and clear frequently used pathways.
- Arrange medication, vision, foot or home-safety reviews when relevant.



EXERCISE CAN HELP

Australian 2025 community guidelines recommend older adults aim for 2–3 hours of ongoing exercise each week, focusing mainly on balance and mobility and including strength. If you have fallen or feel unsteady, ask a physiotherapist or other health professional how to begin safely.



WHEN TO SEEK SUPPORT

Talk with your GP or physiotherapist if you have fallen, had near-falls, feel unsteady or dizzy, find everyday movement harder, or are avoiding activities because of concern about falling.



AFTER A FALL

Call 000 if you may have a serious injury, cannot get up, have severe pain, fainting, chest pain, new weakness or difficulty speaking. If you may be injured, do not try to stand without help.



HOW PHYSIOTHERAPY CAN HELP

A physiotherapist can assess balance, walking, strength, transfers and dizziness where relevant, then help develop an individual plan for your movement goals and daily life. Support may include tailored balance practice, leg strengthening, functional movement training and advice about safe mobility.

A QUICK CHECK-IN

☐ A fall or near-fall recently

☐ Unsteady or dizzy at times

☐ Avoiding an activity due to concern

What would you like to feel steadier doing?

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General information only; it does not replace individual assessment or medical advice.