

The Gosnells Community Men's Shed News



Lewis Homestead

October 2024 Vol 13 #04

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Founded by the
Rotary Club
Of Southern Districts
in 2012



Proudly supported by Amaroo Village, Lotterywest, City of Gosnells, Department of Veteran Affairs' Community Bank Canningvale (Bendigo Bank) & Act Belong Commit.

PATRON: Teresa Lynes – Mayor City of Gosnells.

Office Bearers

Chairman *Scott Henderson* **Vice Chairman** *Robert Wood*

Secretary *Phil Measday* **Treasurer** *Ted Evans*

Committee Members: *Geoff Bowra, Colin Sears, Doug Blair, Neil Kenneady and Carlton D'Souza*

Workshop Manager: *Chris I'Anson*

The Shed Phone number: 08 9398 4064; Shed email - secretary.gcms@gmail.com

Shed's website address is <https://gosnellsmensshed.org/>

MISSION STATEMENT

The Gosnells Community Men's Shed promotes and fosters men's health and well being in a friendly and Safe environment.

VISION

*To be recognised as a progressive community-based organisation working in the community.
To be a place where men of all ages and backgrounds meet in friendship.*

VALUES

A respectful and caring environment where participation in activities and contribution to the efficient and harmonious operation of the Shed are recognised as being of equal value.

DIARY DATES

(See details further on in NL)

25th Oct Wine & cheeses function – Wiltshire room

NOTICE TO MEMBERS - MEMBERSHIP FEES

FOR 2024/2025 ARE DUE FOR PAYMENT BY 31st July, 2024

IF YOU HAVE ALREADY RENEWED YOUR MEMBERSHIP FOR 2024/2025 PLEASE IGNORE THIS NOTICE

The Committee of Management has determined that the membership fee for the year commencing 1 July 2024 will remain at **\$95 per annum**

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Amaroo residents will receive a discounted rate.

Payment methods are by **Bank transfer, Eftpos or Cash.**

For **Bank Transfers** the details of our bank account were detailed in the Secretary's email to Members, check with the Office for details if required.

Very Important - Please ensure that you include your **last name and first initial as a reference (e.g. JonesW)** on the bank transfer to ensure your payment is recorded correctly.

Cash and Eftpos payments will need to be made in person to the Shed Office. Cash payments should be placed in a sealed envelope clearly marked with the members' name and addressed for the attention of The Treasurer.

Please note cash *must not be posted*.

Thank You.

***Phillip Measday* - Secretary
Gosnells Community Men's Shed Inc**

If you will not be renewing your membership this year, please advise the secretary by email at secretary.gcms@gmail.com or contact the office on 9398 4064. This will ensure that your name is removed from follow up contact and mailing lists.



Golf Group

We are still looking for new members. Do not sit at home on a Friday morning. Come along, join in and enjoy yourself while getting some exercise and having a chat.

6th Sept @ Hillview

A day when an umbrella was very handy. Bill H and Warren did not mind the conditions. Both scored 19 points but Bill won on a countback. Nearest the pin on the par 3 was Bill D (despite being umbrella-less) and longest put on the last hole was Chris.

13th Sept @ Armadale

Only six of us played on a beautiful Spring morning. Steve was the winner on a countback from Chris with 16 points. Tom won NTP. There was no LP.

20th Sept @ Hillview

It was a cool morning but eight intrepid Golfers still teed off. Tom won by thriving in the conditions coming home with a massive 25 points. Bill D finished with a very impressive 45 off the stick for 21 points. Tom also won the NTP while Frank had LP. Tom's handicap was immediately dropped.

27th Sept @ Armadale

Eight of us teed off in wet and windy conditions but it soon improved. Warren and Chris had a good day, both scoring 21 points. However Warren won the trip to the Gold Coast on a countback. Barrie won NTP on hole 3 and Frank LP

Bill H brought along new markers for NTP and LP. Now we don't just enjoy our outing but we look professional and will soon be the envy of other groups on the course!!

Lloyd Dungey

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Membership

Welcome to the following new Members



John Grace



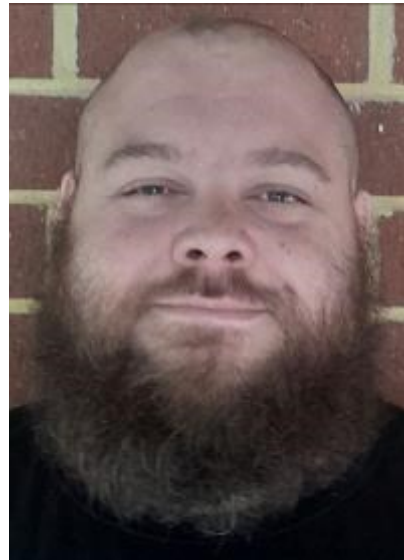
G. Lawrence



Dale Miller



Mike Nuttal



Sam Towns

Plaque at Ellis Brook Valley honours late John Bowler



The late John Bowler was an instrumental figure in the Friends of Ellis Brook Valley for three decades, and the City of Gosnells is honouring his legacy with a memorial plaque at the popular Martin reserve. A skilled draughtsman, Mr Bowler played a pivotal role in the design and construction of many elements that feature at the reserve, from the steps that lead up to Eagle View to the gazebo and carpark at Waterfall Gully and the boardwalk at Honey Eater Hollow.

Family members and friends of Mr Bowler joined Mayor Terresa Lynes and Councillors at Ellis Brook Valley this week to officially unveil the plaque, which has been positioned to pay homage to Mr Bowler's

involvement in building the stairs at the reserve.

"The City is truly grateful for the work Mr Bowler did at Ellis Brook Valley over many years," Mayor Lynes said.

"Thanks to Mr Bowler's efforts, visitors can continue to enjoy the great amenities at the park for many years to come, so this plaque is an admirable way for the City to honour his legacy."

Mr Bowler was a member of the Friends of Ellis Brook Valley for 30 years and was also president of the group for 14 years. He passed away in February this year.

His late wife, Heather Bowler, was also honoured with a plaque at the reserve in 2009 for her dedication to the conservation of Ellis Brook Valley.



Graham & Dave

John's Grandson

John's Grandson with Gosnells
Mayor Terresa Lynes



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Health and Wellbeing

If you are aware of any of our members who are unable to attend due to poor health please let Graham Hughes know.

The latest report from Kevin Munt's son is that he is expected to be discharged from Bentley Hospital and heading home on mid October. Phil Munt will keep me updated on Kevin's progress.

Social Activities

A talk conducted by Nathan Hewett from Astley Care in Gosnells was on Tuesday 8 October in The Wiltshire Room about demystifying aged care. Nathan explained funding available to support people in their home and the types of support that can be accessed, and the types of Aged Care services they may be eligible to receive. It was pleasing to see about 30 members and partners attend as many of the audience were at an age the information was very relevant.

Coming up is our Wine & Cheese sundowner evening on Friday 25 October between 5-7pm, this is a ticketed event costing \$20 with tickets available from the office - be quick so you don't miss out. You could enjoy a fun evening with wine tasting, cheese tasting and a bottle of wine, see the event information flyer.

It was disappointing we had to cancel the Army Museum bus trip due to lack of numbers.

It would be appreciated if any members would like a specific topic to be talked about please do not hesitate to contact me.

Kind regards,
Graham Hughes
Welfare Officer 0419 514 631
Email grahamchrishughes@bigpond.com

Astley Care talk Attendees



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Computer and Technology Group:

Technology Help Desk
Friday 9:30 – 12pm

Help in any area of technology including PC's, laptops, tablets, iPads, phone, camera, TV's, photography and any software package (Windows, Apple IOS or Android).

Book a time slot:

Put your name down for the next available Friday's time slot and describe your problem on the whiteboard in the computer room. Consults are up to two and a half hours. No House calls!

These sessions will end 31 August and recommence early December.

I will require you to wear a face mask. No mask, no help.

Free to all shed members.

Windows 10 / 11 and Android Classes
Mondays at 9:30 – 12pm

This session has turned into a discussion where we cover both Windows your PC and Android on your phones. The final session was held on Monday 30 July. I hope we all learnt something and I enjoyed conducting these sessions.

The Windows and Android Classes will return in January 2025. So keep an eye out for notices in the newsletter and notice board.

André

Free to all shed members

Do **NOT** leave Table Tennis players unattended for prolonged periods—Check welfare periodically.



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R U OK Day 12/9/24



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Model Group



GTR Torana—needs some go faster stripes.



Music Group - As no report submitted, I will make my own up news!

Anybody heard of the Yaybahar—patented member of the Spring Family Instrument?



Yaybahar is a unique instrument. The uniqueness of yaybahar is based on the innovative bridging system made of springs between the body and strings of the instrument. The springs in the bridge system co-exist and co-vibrate with the strings and the membranes of the drums. The springs in relation to strings and the membranes create unusual audio experiences that have never made possible in other musical instruments.

Gorkem Sen—inventor / multi-instrumentalist / composer / sound engineer / artist



Cycling Group

Hi All, Just a few lines on our weekly Thursday bike rides, leaving our shed at 8.30am, but will be earlier when the really warm days arrive so we'll be home before the heat is too uncomfortable. Although we've had a few 'rain threatening' days recently, we've taken the chance and been fairly lucky, apart from the odd few drops. As in past winters, we've had a meet-up at a local cafe instead when it's been too wet.

We usually have around six riders and always find great cafes to visit, including a new one at Burswood. As we always try to ride on 'purpose built' cycling paths we occasionally use local roads, finding the general motoring public are usually polite when they see a bunch of 'geriatrics' on bikes, often stopping to let us safely negotiate intersections etc.



Last Thursday, we had threatening overcast skies, and decided to have a short ride to Armadale Aquatic Centre as they have a pleasant café, but as often happens, not a drop of rain fell!

Maybe see you one day ?.....We also have another cycling group which also rides on Thursday mornings, for shorter outings. Why not give it a go ?

David Gardiner photo Graeme Gurney



Art Group



Is this a Horned Owl—Genus *Bubo*?
The genus name *Bubo* is Latin for owl!

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Cleaning Roster for next 4 weeks

| Week Commencing | Name | Contact # | Name | Contact # |
|-----------------|--------------|--------------|---------------|--------------|
| 14-Oct-24 | Martin Troy | 0450 477 369 | Colin Sears | 0437 801 570 |
| 21-Oct-24 | Chris Brown | 9459 2086 | Arpad Pratsky | 0437 801 570 |
| 28-Oct-24 | Ken James | 9398 7189 | John Millar | 9429 813 960 |
| 04-Nov-24 | Andre Horeau | 9458 1499 | Rob Shewan | 9459 5610 |

Please check the roster on the Notice Board to confirm dates!



Gardening

Volunteers needed.

GARDENING

There is a need for some help to maintain the gardens. If you are able to care for a small area - ie. front or side fence, it would only need attention to weeds or edging every two weeks.

Please contact Graham Bartley-Smith at the shed Tuesdays and Thursdays. or on 9490 1727.

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Table Tennis



2 players vying for 1 ball.
3rd player playing VR TT

Our loyal band of TT players, continue to enjoy 'heaps of fun and laughs' while retaining or even gaining fitness and well-being, every Monday morning beginning about 9-00. Stopping at 'smoko', although none of us smoke (as far as I'm aware). After our coffees or teas and a bikkie or two, a few of us go back for more games, usually 'doubles' but also 'singles' when there are less players around.

Two weeks ago, by sheer coincidence, we had a record attendance of 10 playersand the reason I said 'coincidence', is because the following day Robbo and myself attended the unveiling of a memorial plaque in the hills at Ellis Brook, near the '60' Falls' many of us know, to celebrate John Bowler's life. As John was one of the main instigators in starting up our weekly table tennis games, and he is sadly missed.

New players are always welcome, even although you haven't played since your teenage years, you rarely lose the ability.....but the main reason is the fun you'll have!

David Gardiner

Monthly Social BBQ Fri 11th Oct.



Your Shed! Our Shed! Our Future!

Recipe Corner

Canned sardines are a humble ingredient, but there's so much you can do with them! The trick is to know how to treat them. Try these canned sardine recipes and discover a new love for this salty fish.

Since they're so cost-effective, sardines are a great ingredient to keep in the house. If you have a few of these recipes in your back pocket, you'll never worry about what to make for dinner again.

What Can You Do With Canned Sardines?

Canned sardines are deliciously salty. That means they can inject a bunch of flavour into any meal.

Canned fish is a versatile ingredient that fits in everything from snacks to full-on dinners.

The key is to balance their natural salty flavour with other bold Flavors.

You can enjoy a can of sardines in a million different ways! Straight out of the can. Mixed with mayonnaise on a sandwich. On a pizza. Even tossed in a salad with a squeeze of fresh lemon juice.

The possibilities with a tin of sardines are only as limited as your imagination!

Easy Sardine Spread Recipe

This delicious sardine spread is a hit in the Czech Republic. You can make it in a flash, and I guarantee everybody will love it! All you need besides sardines is cream cheese, finely chopped onion, and a little lemon juice for an extra zingy flavour to make the appetizer.

Ingredients



- Canned sardines; packed in olive or sunflower oil
- Cream cheese; Czech use so-called "pomazankove maslo". Arla cream cheese spread could be a good substitution if you are based in the US.
- Onions; possibly shallots if you want a milder flavour and the onion taste is too strong for you
- Lemon juice; freshly squeezed
- Salt, to your liking

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Restoration of flat pack Non Ikea corner shelf unit!



Couldn't afford the real thing, but still a proud owner. A lot of Sandman Sin Bin owners wish they still had one.

Hope I haven't lost a piece



The imminent demise of auto parts shops—we'll print our own spares thank you.



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The staple item in many a kitchen cupboard.

Vegemite has a long history of controversy. Made from the yeast extract left over from breweries, the spread's salty, bitter flavour has been dividing Australians for decades. Whether you're a hater, a devotee, or a Vegemite virgin, these savory facts will give you newfound appreciation for Australia's unofficial foodstuff.

1. IT WAS A WARTIME SUBSTITUTE FOR MARMITE.

The yeast spread that would eventually inspire an Australian staple originated in Europe. In the late 19th century, German scientist Justus Von Liebig invented Marmite when he discovered that yeast left over from the beer-making process could be made into an edible snack when concentrated and bottled. The Marmite Food Company was founded in Staffordshire, England in 1902, and soon after the product was shipped around the world. Australians took an especially strong liking to the British import. When supplies were halted by German U-boats attacking merchant ships in World War I, the nation found themselves desperate for a substitute to satisfy their Marmite craving. Australian entrepreneur Fred Walker commissioned a chemist named Cyril Callister to devise an alternative in 1922. After months of perfecting the recipe in the lab, the dark, yeasty paste later known as Vegemite was born.

2. ITS NAME WAS PICKED OUT OF A HAT ...

To drum up publicity around their new product, The Fred Walker Company launched a nationwide competition to name it ahead of its debut. Hundreds of submissions were collected, and Walker's daughter pulled the winning entry out of a hat. The coiners of the name "Vegemite" were awarded a £50 prize.

3. ... THEN BRIEFLY CHANGED TO A TERRIBLE PUN.

The spread didn't keep its new moniker for very long. By the time Vegemite hit shelves in June 1923, the war had ended, and Australian's beloved Marmite was available once again. Consumers were hesitant to give an unfamiliar competitor a shot, so Vegemite sales floundered. In an effort to monopolize on Marmite's success, The Fred Walker Company changed the name to a cringeworthy pun in 1928. The newly rebranded "Parwill" was meant to play off Marmite's name. The updated slogan went: "If Marmite, Parwill!" Unsurprisingly, the new strategy didn't do much to help their image, and the name was eventually switched back.

4. IT GAINED MOMENTUM AS A HEALTH PRODUCT.

By the late 1930s, the brand had finally started to receive some recognition. It was officially endorsed by the British Medical Association in 1939 and advertisements for it began appearing in the British Medical Journal. The product's high concentration of B vitamins and other nutrients helped Vegemite become a staple in soldiers' ration packs during World War II. Posters hung up during wartime bore the slogan: "Vegemite: Keeping fighting men fighting fit." Vegemite's nutritional benefits were also valued by consumers at home; doctors and even baby care experts were recommending the spread as part of a balanced diet (though many current doctors don't recommend giving babies Vegemite).



5. THE STARS OF THE CLASSIC JINGLE REUNITED 50 YEARS LATER.

Vegemite had established itself as a staple of Australian pantries by the 1950s. Its status as a national treasure was further solidified in 1954, when the brand released an ad campaign that would be remembered for decades. The infectious jingle, titled "Happy Little Vegemites," was a huge success, and the original radio spot led to a television campaign that lasted through the late 1960s.

A few years ago, the company launched an initiative to reunite the original child stars in honour of the ad's 50th anniversary. They tracked down the seven surviving cast members, and in 2007 they sat down for the interview. Trisha Cavanagh (the baton-twirling girl in the video above) told the Herald Sun, "It may be just a commercial, but it will never die ... I think it will be around long after we're gone." The castmates also shared their favourite ways to eat Vegemite, which included "cheese and Vegemite," "crab Vegemite," and "tomato and Vegemite toast."

6. THE FORMULA IS KEPT SECRET.

Like many iconic food brands, Vegemite keeps their exact recipe a fiercely-guarded secret. (According to its website, the ingredients of vegemite haven't changed since Callister's originally created the spread in the 1920s.) However, some ingredients are less of a secret than others: We know that seasonings like salt and celery and onion extracts are added to the yeast base to make it more palatable.

7. IT'S AMERICAN-OWNED.

Despite the concoction's Australian roots, the company that owns Vegemite is all-American*. Fred Walker collaborated with James L. Kraft to establish Kraft Walker Cheese Co. around the same time Vegemite was invented. Using the success of his processed cheese business to give Vegemite a boost, Kraft and Walker launched a new promotion giving away a free jar of the stuff with every purchase from their brand. In 1935, Vegemite was officially sold to Kraft Foods—now Mondelez—and is still owned by them today.

Since article was written, BEGA paid \$460M in 2017 to bring the iconic brand back under Australian ownership. Brands change hands regularly in this global world.

8. IT WAS THE FIRST ELECTRONICALLY-SCANNED ITEM IN AUSTRALIA.

In 1984, a 66 cent jar of Vegemite became the first product scanned at checkout in Australia at a Woolworths. The historic item is now on display at the chain's head office in New South Wales.

9. IT'S BANNED FROM SOME AUSTRALIAN JAILS.

In recent decades, Vegemite has been a target of harsh scrutiny for its potentially illicit applications. It was banned from prisons in the Australian state of Victoria in 2007 to prevent inmates from extracting the yeast to make booze. Officials have also tried restricting sales of the spread in remote communities where alcoholism is especially prevalent. The concerns are likely blown out of proportion, considering any yeast in Vegemite is dead by the time it reaches the jar and therefore isn't great for making moonshine. At best, the Vegemite might serve as a nutrient for naturally occurring yeast and speed up the fermentation process, but even then most scientists are unconvinced.



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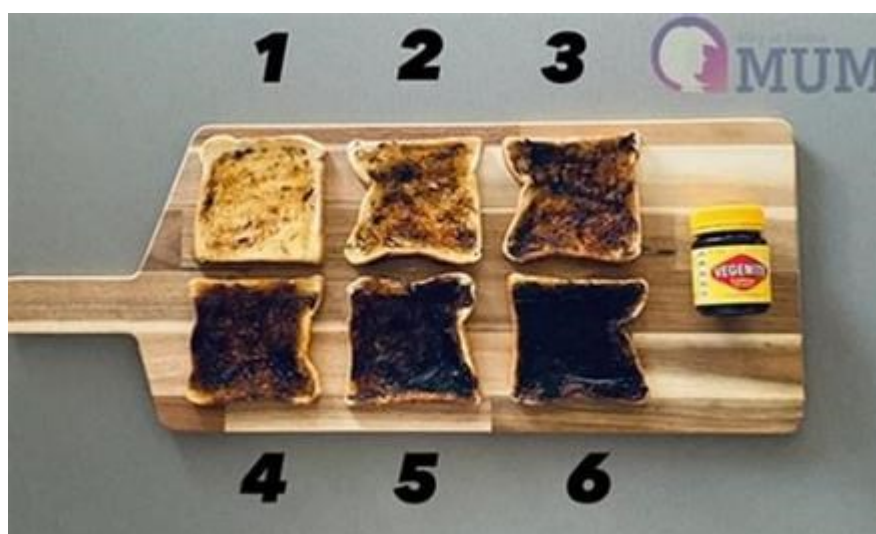
10. THERE HAVE BEEN SOME UNUSUAL VARIATIONS.

Vegemite's relationship with Kraft has lead to a few peculiar products over the years. In the 1990s, they combined the spread with their classic cheese slices to make Vegemite Singles. The mash-up was short-lived, but they revisited the idea in 2009 when they combined cheese and Vegemite to create a jarred spread. Vegemite Cheesybite is one offshoot that can still be found on shelves today.

Vegemite's collaboration with Cadbury was less of a success. In their review of the Vegemite-infused Cadbury Caramello Block released last year, The Guardian described the aftertaste, saying, "It doesn't resemble the beautiful, tangy, salty gloriousness of Vegemite spread on hot-buttered toast, instead it tastes like licking a plate where Vegemite was smeared, many months ago, then left in the sink to fester."

11. IT'S BEEN USED TO CONDUCT ELECTRICITY.

If you never got around to acquiring a taste for Vegemite, there are other uses for the product that don't involve eating it. Last year, an Australian chemist used Vegemite to complete a circuit and turn on an LED light. Vegemite's high concentration of ions and water make it a surprisingly good conductor (this is the same reason you can power a clock with a potato). The experiment was part of a larger project looking to make edible medical sensors that gather data inside the body and dissolve when their job is completed. So next time you rag on Vegemite, remember there's a chance it could one day help save your life.



Foodies are debating the right amount of Vegemite to put on toast - with some adamant a thin spread is enough while others prefer to slather it on (the different ways pictured).



Older people and falls

- 1 in 4 people who are aged 65 and over have at least 1 fall per year.
- Falls are often due to gradual physical changes that affect the way we move, or hazards in and around the home.
- Falls can cause hip fractures and other serious injuries that may need longer hospital care and have long term effects.
- There are many things you can do to reduce your chance of having a fall.
- It is important to see your doctor if you have had a fall, even if you were not injured.

Why are falls concerning for older people?

Anyone can have a fall, but falls are a major health concern for older people (those aged 65 and over).

Falls are the number one cause of accidental injury in older Australians. As our population ages and the number of older people grows, the number of falls and fall-related hospitalisations increases. 1 in 4 people who are aged 65 and over have at least 1 fall per year.

Even when falls don't cause an injury, they often trigger a loss of confidence in an older person and lead to an ongoing fear of falling. Over time, this can lead to a person becoming more inactive, which further increases the risk of falling.

There are things you can do to reduce the chance of you or your loved one having a fall and/or being seriously injured in a fall. Motivation, healthy habits and awareness of how to reduce the risk can all play a part in preventing older people from having a fall.

Why might older people fall?

If someone falls, it's not necessarily because they are not concentrating or they are clumsy. There are many reasons why older people might have a fall, including those listed below.

Changes to the body

Our bodies change gradually and over many years as part of the normal ageing process. As you get older, you may notice:

- more difficulty with balance, such as feeling unsteady when you walk
- weaker muscles that may make it harder to lift your feet when you walk
- poorer eyesight or difficulty with sudden light changes or glare
- slower reaction times
- new health problems such as incontinence
- gaps in memory, dementia or Alzheimer's disease



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These changes can be due to normal ageing or they might be caused or exacerbated by an illness or condition. This can affect the way you move around — and sometimes cause us to fall.

Dangers in and around the home

6 out of 10 falls happen in and around the home. Common household hazards include:
poor lighting

- unsafe footwear, such as loose slippers or narrow heels
- slippery surfaces, such as wet or polished floors or spills
- trip hazards such as rugs, floor mats and electrical cords
- steps or uneven surfaces

Neglecting general health and wellbeing

Older people who don't keep physically active may have poorer balance and weaker muscles, which can increase the risk of falling.

Not eating well and/or not drinking enough water can lead to dehydration or malnutrition, which can make it difficult to stay strong enough to move about safely.

What other risk factors are there for a fall?

Certain conditions can increase the likelihood of a person falling. These include:

- A history of previous falls — if you have fallen more than once in the past 6 months, you are more likely to fall again.
- Low blood pressure — older people with naturally low blood pressure may feel light-headed, dizzy or unsteady while moving.
- Postural (orthostatic) hypotension — this is when your blood pressure drops when you change position, such as going from sitting to standing. This can be due to a medical condition or due to a medicine's side effect.
- Stroke, Parkinson's disease and arthritis — these conditions change the way you move, and can make it harder to react quickly or stop yourself if you stumble.
- Diabetes — changes in blood sugar levels can make you feel faint. Diabetes can also affect your eyesight and reduce sensation in your feet and legs.
- Depression — some types of antidepressants can increase the risk of falling.
- Osteoporosis — characterised by thin, weak bones — is not a risk factor for falls. However, if someone does fall, there's a higher chance of them breaking a bone.

When should I see my doctor?

Speak with your doctor if you've had a fall — even if you feel fine.

Falls can be a sign of many different health issues, including:



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- a new medical problem
- a side effect of your medicines
- balance problems
- muscle weakness

Your doctor can suggest ways to reduce your chance of falling in the future.

It's also a good idea to see your doctor for regular check-ups. This helps to address any concerns before they contribute to a more serious fall in the future.

How are falls treated?

If you have had a fall, or you're concerned about your risk of having a fall, your doctor may suggest the following treatments.

Vitamin D and calcium supplements

Speak to your doctor about whether you may benefit from vitamin D and calcium supplements. This may help to improve your bone health and reduce the likelihood that a fall will cause a fracture.

Medications review

Some medicines cause side effects such as drowsiness, confusion, unsteadiness or dizziness. Since these side effects can increase your risk of falling, your doctor or pharmacist can review your medicines to see if changes are needed.

Podiatry assessment

Ageing can cause changes to your feet, which can change the way you walk and your balance. If you have painful or swollen feet from walking, or have other symptoms such as tingling or pins and needles, see a podiatrist. They can provide advice on ways to improve your circulation, decrease swelling and reduce pain in the legs and feet.

Eyesight assessments and cataract surgery

Early detection of eye problems can stop them from getting worse. See your optometrist or doctor to get your eyes checked regularly. If you struggle to see well due to cataracts, surgery to remove these will help you reduce the likelihood of falls and fractures.

Hip protectors

A hip fracture is the most common injury from a fall in older people.

Hip protectors are placed inside special underwear and positioned over the hips to protect them in case of a fall. They reduce the likelihood of a breaking a hip, particularly for those who have osteoporosis or who fall frequently. Consider whether hip protectors might be suitable for you.

How can falls be prevented?

There are many ways to reduce the risk of falls, including:

Lifestyle changes

- Keep physically active. Whatever your age, aim to do at least 30 minutes of activity, most days of the week. This will help you stay strong and improve your balance. Suitable activities include tai chi, dancing and group exercise programs.



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- Maintain a healthy diet. Enjoy a wide variety of foods, particularly during hot weather. Food supplements may help if you are underweight.
- Stand up slowly after you have been lying down or sitting to prevent posture-related dizziness.

Changes around the home

You can reduce the risk of falls by addressing factors in your home that increase your risk of falls, especially poor lighting, slipping, and tripping.

Lighting

- Good lighting around the house is important. Simple changes can help improve visibility and reduce the chances of a fall.
- Turn lights on when you walk around.
- Leave hallway lights on at night.
- Reduce sun glare inside your house by using net curtains or blinds on your windows.

Slipping

Change what you wear around the home and fix dangerous surfaces to reduce the risk of slipping.

- Use non-slip mats in wet zones, such as the shower and bathroom. For larger rooms, consider a non-slip flooring material in the whole area.
- Install hand rails or a seat in the shower or bath. Place non-skid tape on the edges of steps and stairs to make them easier to see.
- Remove moss, slime or fallen leaves from outdoor paths.
- Wear well-fitting shoes.

Tripping

Even small things can be trip hazards:

- Keep walkways clear of clutter and tape down electrical cords along skirting boards.
- Mark any small changes in floor level with contrasting colour so they're clearly seen.
- Install a draught excluder on the bottom of doors instead of using loose fabric that may be a tripping hazard.
- Get rid of old mats and torn or stretched carpet, or tape down turned-up corners.

What are the complications following a fall?

Falls can cause hip and thigh injuries both in males and females. They are the most common reason for hip fracture hospital admissions (9 in 10 cases). Falls can also lead to head injuries, wrist fractures and other injuries.

Hip fractures also cause a heavy long-term burden as older people become less independent, more reliant on family members and carers. This may also increase your chance of moving into an aged care facility following the injury.



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After a fall, you may become fearful of falling again and lose confidence in walking. You may start to be less physically active. Over time, reduced movement may increase your risk of further falls due to poorer balance, weaker muscles and stiffer joints.

Resources and support

Watch this video from Queensland Health to learn some simple steps to [reduce your chance of falling in the bathroom](#).

Visit Western Australia Health's [Stay on Your Feet](#) website to learn how to keep yourself safe and steady.

Healthy Bones Australia has some helpful [a fracture](#). You call them on 1800 242 141 osteoporosis.

articles on [moving safely and recovering from](#) for general information about bone health or

[Occupational Therapy Australia](#) to [find a private practice OT](#) in your area to help you assess your home and make changes to keep you safe and independent.

Injury matters offers tips on [making your home safer](#), as well as a home safety checklist and other resources.

healthdirect

