

Stay Steady, Live Safely

A Practical Guide to Fall Prevention
for Seniors in Singapore



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Foreword

Falls are among the leading causes of injury, disability, and poor quality of life among seniors. Research findings have very clearly demonstrated that such falls are not unpreventable accidents but rather are often associated with factors that can be either prevented or at least mitigated. I am therefore heartened to see this comprehensive practical guide to fall prevention for seniors.

As health professionals, our concern for seniors is having a good quality of life and functional independence, being free from injury and disability. We have at our disposal decades of robust research evidence supporting effective preventative strategies against falls among seniors. There is strong evidence supporting simple assessments to identify seniors who are most prone to falls, as well as effective everyday preventative strategies that can be adopted from waking up in the morning, self-care at home, outdoor activities to night-time preparation for sleep.

This guide applies the most current available research evidence and best practices, combines realistic case scenarios, and leverages on the expertise from practice (Lions Befrienders Service Association, Singapore) and university (Singapore Institute of Technology). Voices from seniors and staff of Lions Befrienders Service Association (Singapore) also help make this guide practical and relevant. Whether you are a senior, a caregiver for a senior, a practising health professional, an administrator or manager, or an advocate supporting fall prevention, you will find practical advice, tips, and strategies to prevent falls among seniors.

I strongly recommend all health professionals, including all allied health professionals, to use this guide in their practice or share it with caregivers, with the aim of reducing the incidence and severity of falls among seniors. I would also like to offer my sincere gratitude to all contributors and everyone who has made this guide possible. Let us all use this guide as a commitment to safety, care excellence, and good quality of life for our seniors.

Professor Alan Wong
President
Allied Health Professions Council

Acknowledgments

This booklet was made possible through the dedication and teamwork of many individuals and organisations who share a common commitment to supporting seniors in living safely and confidently.

We would like to express our heartfelt gratitude to the Lions Befrienders Service Association (Singapore)'s Management Board (Term 2024–2026) for their unwavering support. Our sincere thanks also go to Ms. Karen Wee Siew Lin, Executive Director of Lions Befrienders, for her invaluable guidance and unwavering dedication throughout this project. Her dedication and drive were instrumental in bringing this booklet to fruition.

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Special appreciation also goes to the Lions Befrienders project team, led by Ng Chong Chee (Dan), with contributions from Emily Ong, Benjamin Yeo, Phil Low, and Madeline Heng, and the Home Nursing Foundation team (Moses Ku, Lawrence Low, and Chiang Jiarong) for their early contributions to the concept of this resource.

Most importantly, we are deeply grateful to the seniors and staff of Lions Befrienders Service Association (Singapore) who kindly took part in interviews and shared their experiences with us. Their voices ensured that this booklet is practical, relevant, and meaningful for the senior community.

Finally, we extend our heartfelt thanks to everyone who, in ways big and small, contributed to the creation of this fall prevention booklet. It is our hope that this resource will empower seniors to stay safe, independent, and confident in their daily lives.



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One Fall, Many Lessons

Mr Gurdeep Singh remembers the day clearly. One afternoon, he was hurrying across the road with his trolley. The traffic light was about to turn red, and in his rush, the trolley wheels got stuck. It tipped over, pulling him down. He landed hard, hurting his knee and bumping his head. Thankfully, there was no fracture - just some swelling and pain.

At first, Mr Singh brushed it off. "Just a small fall," he thought, applying ointment at home. But the knee pain did not go away. Each step reminded him of the fall, and he started to feel less steady.

He tried to keep active with simple knee and balance exercises, and his helper accompanied him to the market. But after a while, the pain grew sharper, and Mr Singh avoided walking long distances. He stopped going to the nearby Active Ageing Centre and chose to stay at home instead.

With less movement, his joints became stiffer, and his balance grew weaker. Bit by bit, Mr Singh lost confidence in going out. He depended more on his helper, and life felt smaller than before.

It all began with one fall. That single moment showed how quickly life can change for older adults - and why taking steps to stay strong and steady matters so much.

Choosing Balance over the Bed



Madam Lim Siew Kim is 78 this year. She still remembers the last time she was admitted to the hospital. It was not the long wait in the emergency room, nor the noise of the machines that unsettled her most - it was the IV drip.

She recalls the sharp sting as the needle went into the back of her hand, and the discomfort of having to keep her arm still for days. "I never want to go through that again," she tells herself.

Since then, Madam Lim has been extra careful. She avoids rushing, takes her time when getting up from a chair, and makes sure the floor is clear of clutter. She knows that a small misstep could lead to a fall, and a fall could mean another hospital stay and another IV drip.

"I must take care of myself," she often reminds her children.

"Better to stay well and steady at home than to lie in the ward with tubes in my hand."

Madam Lim's story is not unusual. Many seniors share the same fears and worries. But her careful steps remind us of something important: frailty can be managed. With the right habits, awareness, and support, it is possible to stay strong, safe, and independent - avoiding unnecessary hospital visits and the painful memories that come with them.

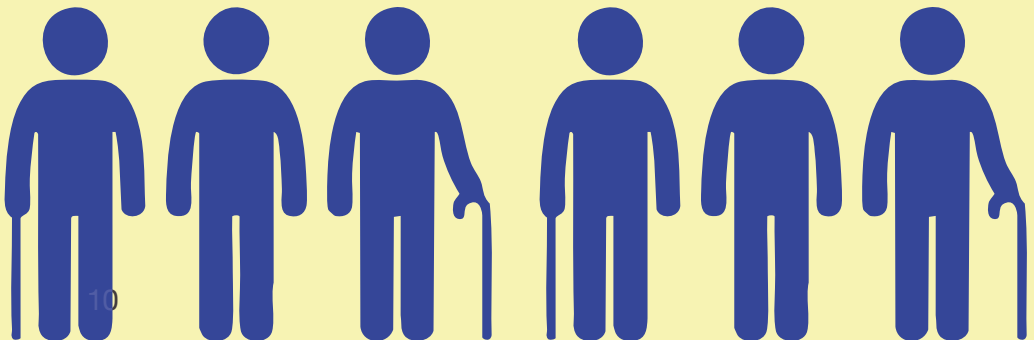
Madam Lim has shared her story not just because it shows why fall prevention matters. It is also about dignity, comfort, and the freedom to live confidently each day.

INTRODUCTION

Falls among older adults represent a growing public health concern in Singapore, a nation facing rapid population ageing. With one in four Singaporeans expected to be aged 65 years and above by 2030, addressing the risk and impact of falls is increasingly urgent. Falls are not only the leading cause of injury-related hospital admissions among older adults, but they also often mark the beginning of a downward spiral in health, function, and independence.

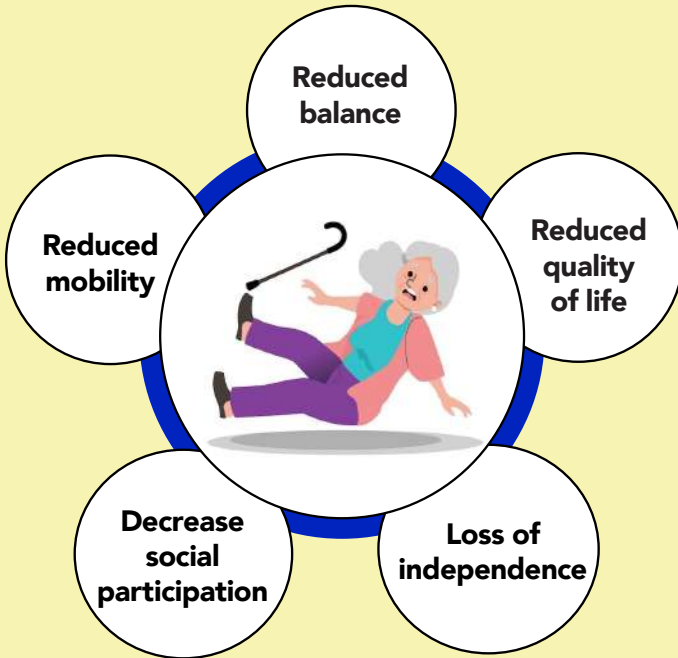
01

In Singapore, approximately **one in three** community-dwelling older adults aged 65 and above experiences at least one fall annually.



Consequences after a fall

Falls can lead to serious injuries (e.g., fractures), leading to reduced balance and mobility, loss of independence, decreased social participation and reduced quality of life.



Case Study:

Mdm Sim's Experience with Falls

Background

Mdm Sim, a widow in her late 70s, has always been an independent person. She has three adult children who visit regularly, but she prefers to manage her daily routines on her own. For the past few years, she has struggled with **severe knee pain due to arthritis**.

To manage her condition, she has sought treatment from multiple sources, including her GP clinic, Traditional Chinese Medicine (TCM) acupuncture, and physiotherapy at her nearby polyclinic.

The Fall Incident

Two months ago, Mdm Sim slipped while showering in her bathroom. Although she did not sustain any major injuries, the incident was a **frightening experience**. Since then, she has developed a strong **fear of falling**, which has affected her confidence in carrying out daily tasks.

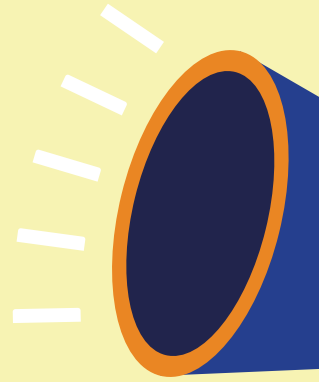


The Impact

Mdm Sim feels anxious about bathing alone, avoids activities she once did independently, and fears another serious fall due to knee pain and unsteadiness.

This fear has reduced her mobility and physical activity, making her more reliant on her children for support.

Important Message



Most falls are preventable.



Read the rest of the chapters and make a change now.



SELF RISK ASSESSMENT

Understanding your personal risk for falling is the first step toward staying safe and independent. You can start by asking yourself a few simple questions.

Chapter 2

02

1

Quick Self Check

Please use the 3 key questions to help identify fall risk:

1

Have you fallen in the past year?

2

Do you feel unsteady when standing or walking?

3

Do you worry about falling?



If you answered “yes” to any of these questions, you may be at a higher risk of falling.

Talk to your doctor, physiotherapist, or occupational therapist for a more detailed assessment.

2 Know the Risk Factors for Falls

Falls can happen when several risk factors come together. Some are related to your body functions.

Body-Related Risk Factors

- 1 Poor balance or muscle weakness
- 2 Vision or hearing problems
- 3 Foot pain or poor footwear
- 4 Dizziness or low blood pressure when standing
- 5 Joint stiffness or arthritis
- 6 Chronic illnesses
(e.g., diabetes, stroke, Parkinson's disease)
- 7 Memory loss or confusion
- 8 Taking multiple medications (especially those that cause drowsiness or dizziness)

Important Message



Be honest with yourself about how you feel when you move around



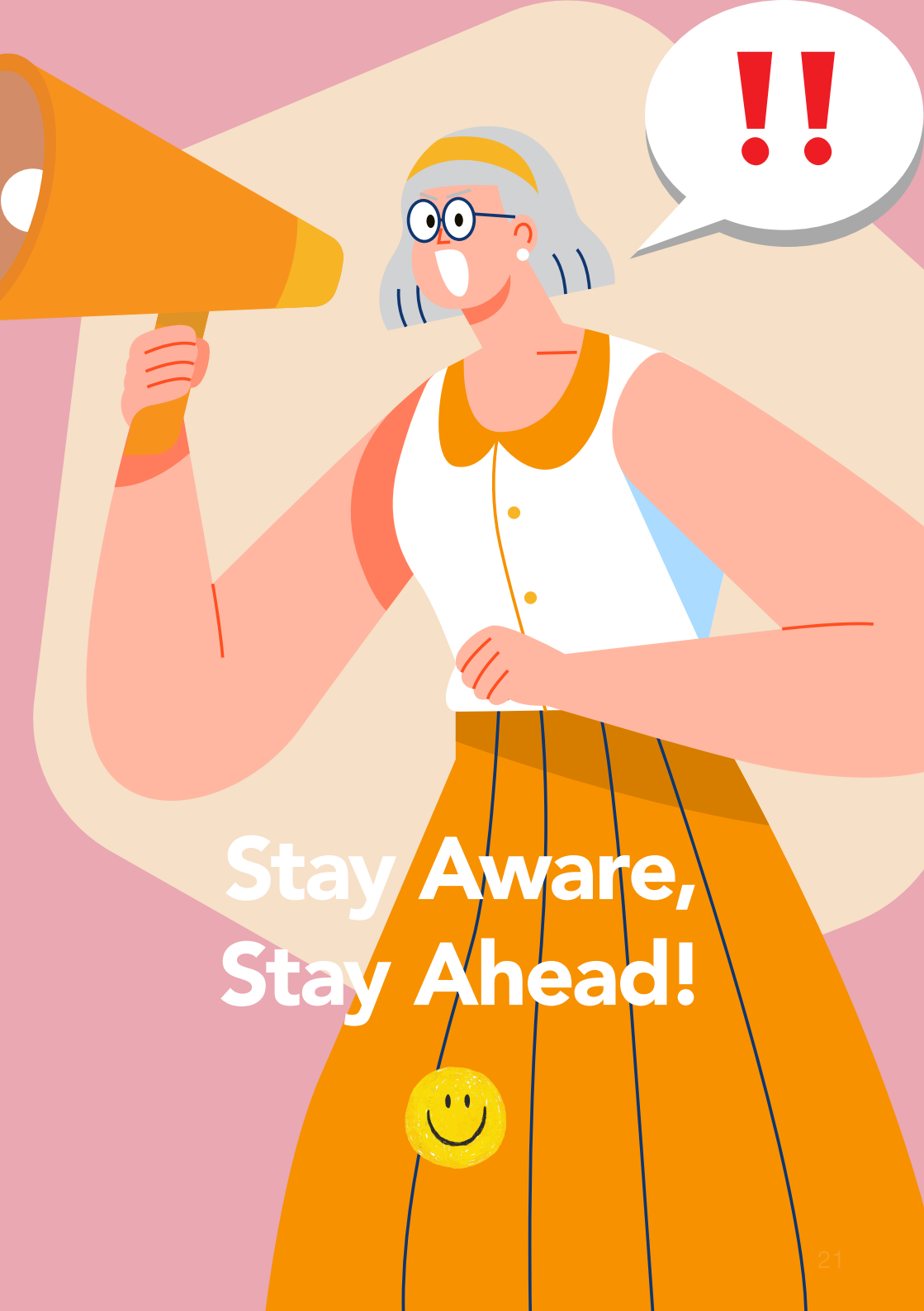
Share your concerns with a family member or health professional



Use this booklet to review each area of your daily life



Take small steps to remove risks, one area at a time



**Stay Aware,
Stay Ahead!**

SAFETY AFTER WAKING UP IN THE MORNING

Many falls happen during the first hour after waking up, often due to changes in posture, dizziness, or rushing to the toilet. This chapter explains fall risk in the morning and recommends changes to your morning routine to keep you safe and steady.

03

1

Getting Up Too Quickly

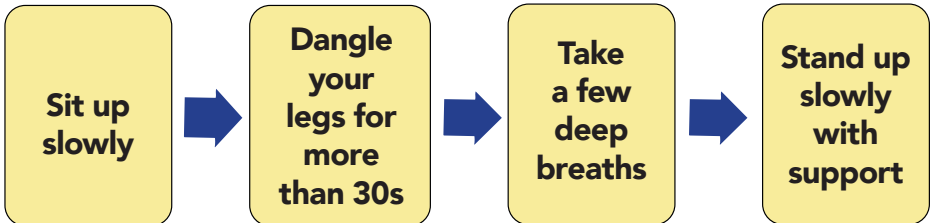
After lying down all night, your body needs time to adjust.

Sitting or standing up too fast can cause Dizziness & Light-headedness



? What You Can Do:

Use the "Pause and Rise" method:



Keep a **sturdy chair** or bed rail nearby for balance.



2

Feeling Dizzy or Weak When Standing

Many older adults feel **leg weakness** or stiffness in the knees and joints after waking. This can cause unsteady steps or sudden loss of strength in the legs, sometimes described as “the knees giving way.”



?? What You Can Do:

Pump
ankles



Stretch
legs



Stand up
slowly
with
support



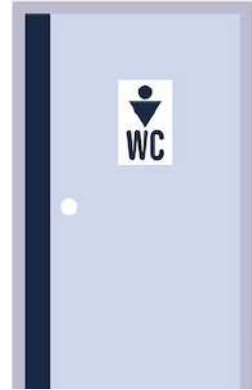
Pause for
awhile
before
walking



3

Rushing to the toilet

Needing to go to the toilet quickly, especially first thing in the morning, can lead to rushing or forgetting to move carefully.



?? What You Can Do:

1

Install **grab bars** next to the toilet for support.



2

Keep a **commode chair** nearby if you often wake up urgently in the night.



3

Place your **walking aid** nearby before going to bed



Important Message



Stay hydrated, but avoid drinking large amounts right before sleep to reduce night-time urgency.



Talk to your family or caregiver about installing **simple safety aids** like handrails or motion-sensor lights.



You can refer to **Chapter 9, Community Resources**, to find out who to contact and what number to call to help you with environmental modifications at home.

Stay Calm, Be Safe!

BASIC SELF-CARE AT HOME

Many falls happen during personal care activities at home, often in the bathroom or bedroom. This chapter helps you understand the risks when doing everyday tasks like bathing, dressing, and using the toilet and shows you simple ways to make your home safer.

Chapter 4

04

1

Bathing Safely

Bathrooms are small spaces with hard surfaces, and water can make the floor slippery. The act of getting in and out of the shower, bending down to wash your feet, or reaching for soap can affect your balance.

!! Common risks

Slippery wet floors



✓ Safety Tips

✓ Use non-slip mats

✓ Wear anti-slip slippers

✓ Anti-slip floor treatment

✓ Dry the floor immediately after use



Source: Taobao



Source: Taobao

!! Common risks

No support to hold on to when taking a shower



✓ Safety Tips

✓ Install **grab bars** near the shower



!! Common risks

Tripping over loose bathmats or clutter



✓ Safety Tips

✓ Keep the bathroom neat and clutter-free

✓ Use anti-slip bathmats



!! Common risks

Lost balance when taking a shower in a standing position



✓ Safety Tips



Use a shower chair if you feel tired or unsteady when standing



Source: HDB EASE

2

Dressing and Grooming

!! Common risks

Losing balance while dressing



✓ Safety Tips



Sit on a **stable chair** with armrests when dressing



Use a **long-handled shoehorn** or **dressing stick** if needed



3

Using the Toilet

Many falls happen while trying to sit down or get up from the toilet, especially when there is no support nearby. Rushing to the toilet due to urgency can also cause accidents.

!! Common risks

Difficulty lowering yourself onto or getting up from the toilet



✓ Safety Tips

✓ Install **grab bars** beside the toilet for extra support



!! Common risks

Slippery floor or poor lighting, especially at night

✓ Safety Tips

✓ Make sure the floor is **dry** and **clear of obstacles**

✓ Use a **night light** to light the path to the bathroom



!! Common risks

Walking in socks or bare feet, especially on tile or smooth floors, can be quite slippery

**✓ Safety Tips**

Always move slowly and mindfully



Avoid walking in socks or bare feet, especially on tile or smooth floors



Choose clothes that don't drag on the ground or cause tripping

Important Message



- 1 Always move slowly and mindfully
- 2 Use support aids like grab bars, shower chairs, and dressing tools
- 3 Keep your self-care areas well-lit and clutter-free
- 4 Tell someone if you've had a near fall or if you feel unsafe doing certain tasks
- 5 Don't be afraid to ask for help or use tools that support your independence



Take Care with Confidence

HOME MAINTENANCE

Keeping your home clean and tidy helps you feel comfortable and in control, but some household chores can increase your risk of falling if you're not careful. Tasks like sweeping the floor, cooking, or reaching for items in cupboards often involve bending, climbing, or carrying things, which may affect your balance.

Chapter 5

This chapter explains common hazards during home maintenance and offers simple tips to help you stay safe while doing light chores.

05

1

Cleaning, housekeeping, and cooking

!! Common risks

Climbing on stools or chairs to reach high places



✓ Safety Tips

✓ Use a **sturdy step stool** with handrails, or ask for help

✓ Store frequently used items on **easy-to-reach shelves**



!! Common risks

Slipping on spilled water or cleaning products



✓ Safety Tips

✓ Clean up spills **immediately** to avoid slipping



!! Common risks

Tripping on wires or small objects, e.g., toys



✓ Safety Tips

✓ Keep walkways clear



!! Common risks

Slipping over slippery rugs



✓ Safety Tips

✓ Replace slippery rugs with non-slip mats.



✓ Other safety tips

Use proper lighting to see what you're doing



Important Message



Know Your Limits and Ask for Help

It's okay if you can't do everything yourself.
Know when to:


- 1 **Take a rest and avoid pushing yourself**
- 2 **Ask a family member, friend, or helper to assist**
- 3 **Consider using a part-time home help service for bigger cleaning jobs**



Stay Safe While Staying Active



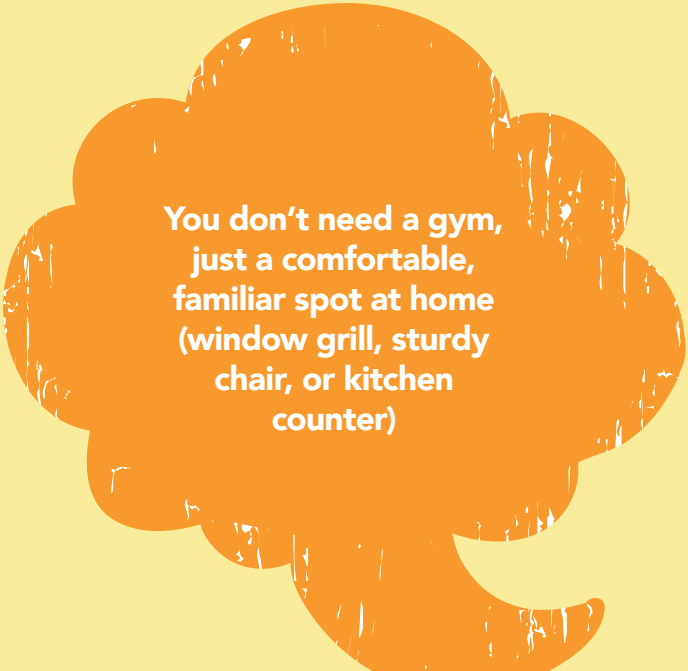
BALANCE AND STRENGTH EXERCISES MADE SIMPLE



Falls can be prevented! Simple home exercises help you stay strong and steady.

Why Should I Do These Exercises?

Chapter 6



You don't need a gym, just a comfortable, familiar spot at home (window grill, sturdy chair, or kitchen counter)

**Choose a spot that feels
safe and significant to
you, somewhere you
enjoy being and feel
confident moving.**

06

How To Use This Guide

- **Start every exercise holding on to something sturdy (with support) in your chosen safe spot.**
- When you feel steady and safe, you may try the same exercise without holding on
- Always keep support nearby, even if you let go.
- If you feel unsteady, return to using support.
- Rest as needed between exercises or sets.
- Start with fewer repetitions if you're new or recovering, progress slowly and consistently!

How Much and How Often?

(FITT Summary)

Balance Exercises

How Often:

Every day, if possible

How Long/ How Many:

Hold each position for 30–60 seconds, or repeat steps 5–10 times

Strength Exercises

How Often:

2-3 times a week with a rest day in between.

How Long/ How Many:

8-15 repetitions per set;
1-3 sets

How to Progress

1

Start with support:

Hold on to something sturdy for all exercises

2

Do more:

Gradually increase how long you hold or how many times you do each exercise.

3

Use less support:

When you feel steady, hold on with one hand or just your fingertips.

4

Let go (if safe):

Try exercises without support only when you feel confident. Always keep something sturdy nearby.

5

Extra challenge (Optional, if safe):

Go slower, pause, or add a small weight (like a water bottle) for strength exercises; try closing your eyes for a few seconds during standing balance exercises only if you feel safe.

6

Go at your own pace:

Move to harder exercises only when you are ready. If you feel unsteady, go back to more support.

Balance & Strength Exercises



Balance Exercises

A

Standing Still Balance Exercises

Start with these exercises where you are standing still and practising your balance.

1 Two Feet Together Stand

Stand upright with feet together. Lightly hold a sturdy support (chair/window grill) with both hands. Hold 10-30s.



Why? Feel steadier when standing or waiting in line.

2 Semi-Tandem Stand

Place one foot slightly in front of the other, hold support. Hold 10-30s, then switch feet.



Why? Great for narrow spaces (bus, escalator).

3 Single Leg Stand

Hold support, lift one foot, hold 10-30s. Switch legs.



Why? Helps with putting on pants and stepping over things.

B

Moving Balance Exercises

Once you are comfortable with standing still, try these exercises where you move your feet or shift your weight.

4

Side-Stepping

Hold on to support; step sideways 5-10 steps, then back. Repeat both sides.



Why? Move safely around obstacles at home.

5

Heel Raises (Tip-Toes)

Stand holding on in your chosen safe spot, rise onto tip-toes, then lower down.



Why? Strengthens ankles for walking, stairs, and balance on uneven ground.

6

Tandem Walk (Heel-to-Toe Walk)

- Stand near a wall or counter for support.
- Place the heel of one foot directly in front of the other, as if walking on a straight line.
- Take 5–10 steps forward. Turn around and walk back the same way.
- Hold on to support or have it within reach as needed.



Why? Helps improve your balance and coordination for walking in narrow or crowded places

Strength Exercises

After balance exercises, do these strength exercises for your legs and arms.

7 Side Leg Raises

Stand tall, hold on to support. Lift one leg to the side, lower it down. Switch legs.



Why? Good for stepping sideways, keeping balance.

8 Mini Squats

- Stand, hold on in your chosen spot.
- Push your hips back as if you are about to sit down and bend your knees slightly.
- Keep your knees behind your toes and your heels on the ground.
- Only go down as far as feels comfortable—don't squat too low.
- Focus on moving your hips backwards, not your knees forward.
- Stand back up.



Why? Strengthen thigh, hip, and buttock muscles to support daily movements like standing, climbing stairs, and sitting.

9

Sit-to-Stand

- Sit on a sturdy chair, support close by, in your comfortable place.
- Bring your shoulders forward, stand up (use support if needed).
- Sit back down slowly.



Why?

Important for getting up from bed, chair, toilet.

10

Standing Leg Curl

- Stand up straight, holding on to something steady.
- Bend one knee so your foot lifts up behind you, like you're trying to kick your bottom. Lower it back down. Repeat with your other leg.



Why?

Makes the back of your thighs stronger for walking and keeping your balance.

11 Toe Raises

- Stand holding on to a chair or counter.
- Keep your heels on the floor and lift forefeet just the front of your feet (your toes) up as high as you can, then lower them back down slowly.



Why?

Strengthens the front of your lower legs to help with balance and safer walking.

12 Wall Push-Ups

- Stand facing a wall, hands at shoulder height, in your chosen safe spot.
- Bend elbows, lean in toward the wall (as far as comfortable), then push back.



Tip: Stand closer to the wall to make it easier.

If you have shoulder or wrist pain, skip this exercise or check with your therapist or doctor first.

Why?

Strong arms for pushing doors, supporting yourself.

Disclaimer

These exercises are based on research and international guidelines for falls prevention in older adults.

If you have health concerns, pain, or medical conditions, consult your doctor, physiotherapist, or healthcare professional before starting.

Stop if you feel pain, dizziness, or breathlessness.

**Stay steady,
stay strong,
and enjoy
moving!**





OUTDOOR MOBILITY

Going outside helps you stay connected. But being outside also comes with new risks; uneven paths, busy streets, and unexpected obstacles can increase the chance of falling. This chapter shares simple tips to help you stay safe and confident when moving around outside your home.

Chapter 7

07

1

Watch Out for Uneven Surfaces and Curbs

Footpaths and walkways may have cracks, slopes, or loose tiles.



Curbs at crossings can also be tricky if they're too high or uneven.



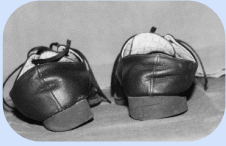
2

Watch Out for Slippery Surface



3 Other safety tips in outdoor mobility

Unsafe shoes



Anti-slip shoes



Cross the road using the traffic light or zebra crossing



Use the lift whenever possible



Avoid taking escalators





Correct use of **walking aids**



If necessary, wear **glasses** for better and clearer vision



Plan your route before your outing trips. Check the bus arrival time and plan your time well.



DO NOT rush!



MyTransport App

Be Active, Be Aware!



SAFETY AT NIGHT

It's common for older adults to wake up during the night to go to the toilet or get a drink. But moving suddenly from bed, especially when sleepy or disoriented, can affect your balance and increase the risk of falling. This chapter offers simple ways to make your sleeping area safer and more comfortable.

08



Your bed is **not too high or too low**, adjust if needed for easy access



Keep a **sturdy chair or grab bar** beside your bed for support



The **path from bed to toilet is clear**, no rugs, shoes, or wires



Try to **go to the toilet before bed** to reduce night-time urgency



Place a **commode chair** next to the bed if you often wake up urgently



Take your **medications as prescribed**, especially for sleep or blood pressure



✓ **Keep Essentials Nearby**

- A **bottle of water**
- Your **walking stick or frame**
- Your **glasses**
- **Tissue or wet wipes**
- A **mobile phone or emergency call button**



✗ **Avoid drinking too much water** right before bedtime



Getting up at night:

✓ Use **motion-sensor or plug-in night lights** in the bedroom, hallway, and toilet





Sit up **slowly and pause** before standing



Use a **walking aid** if needed, keep it close to your bed



Use **grab bars** in the toilet for better support



DO NOT stand or walk while still feeling sleepy or dizzy



**Sleep Well,
Stay Safe!**



COMMUNITY RESOURCES

You don't have to stay active or prevent falls alone. Many community programs, centres, and services in Singapore are here to support your health, safety, and independence.

This chapter introduces useful resources that can help you stay strong, steady, and socially connected.

09

1 | Active Ageing Centres (AACs)

Active Ageing Centres (AACs) are located all over Singapore.

They offer a wide range of activities and services such as:

Group exercises and dance sessions

Health talks and screenings

Social activities and hobby groups

Fall prevention and mobility workshops

AACs are a great place to meet others, stay active, and get support from staff and volunteers.



Find your nearest AAC here:



<https://supportgowhere.life.gov.sg/services/SVC-AACAAACHASACS/active-ageing-centres-aac>



Tip:

Most AACs are free to join and welcome all seniors living nearby!

2 | Fall Prevention and Healthy Ageing Programs

Staying active and learning how to prevent falls is easier when you join a community program.

These programmes are designed to help seniors:

Improve
balance
and
strength

Learn how
to prevent
falls

Stay
independent
and
confident

Make new
friends
and stay
connected



Some community-based fall prevention programmes available in Singapore are:

Live Well, Age Well programmes

This initiative provides step-by-step strength and balance training to build your strength, balance, and stability, helping you move with greater ease and confidence in daily life. You will also learn how to include more calcium-rich foods in your diet to keep your bones strong. In addition, you will be taught practical fall-recovery skills, showing you how to protect yourself, minimise injuries, and call for help if you ever experience a fall.

Activities under the Live Well, Age Well programmes are available at Community Centres/Clubs, Residents' Committees (RC), Residents' Network (RN) Centres, Active Ageing Centres, and other community venues. Visit these locations to find out more and learn how you can sign up.

Learn more about the Live Well, Age Well programme at:

<https://www.healthhub.sg/programmes/aap>



Say No To Frailty

A free, community-based programme for seniors to manage frailty, reduce fall risk, and build a healthy lifestyle. It includes weekly sessions with physical activity, nutrition tips, and home safety advice.

Visit:

<https://occupymytime.wixsite.com/saynotofrailty>



Healthy Ageing Promotion Programme for You (HAPPY)

HAPPY is a weekly wellness programme designed to support you in keeping your minds and bodies active. Through gentle stretching, light movement-based games, relaxation techniques, and meditation, participants can strengthen your balance and improve your ability to manage dual tasks. To make the programme accessible, sessions are offered in a hybrid format held both at the centre and online via Zoom ensuring that even seniors who are home-bound can take part and benefit.



Move It Feel Strong

Take part in lively group exercise sessions (e.g. Zumba Gold, low-impact aerobics) that not only energise your body but also create opportunities to connect with others in your community. These enjoyable workouts focus on simple, yet effective movements designed to enhance strength, balance, and flexibility which are key elements for maintaining independence as you age. Regular participation can also help reduce joint pain and stiffness, lower the risk of falls, and promote overall physical and mental well-being, allowing you to stay active, confident, and socially engaged.



3 | Exercise Corners in Your Neighbourhood

Did you know that many **HDB estates** have outdoor **exercise corners** specially designed for seniors?

These exercise stations help improve:

**Leg
strength
and balance**

**Flexibility
and
posture**

**Coordination
and joint
movement**

**Make new
friends
and stay
connected**

They're usually located near parks, void decks, or community centres. Some are equipped with instructions and pictures to guide you.



Tips:

*Use the exercise corner in the **morning or evening** when it's cooler*

*Wear **comfortable shoes** and bring water*

Ask a friend to join you—it's safer and more fun together!

4 Making your home safe

HDB Enhancement for Active Seniors (EASE)

The EASE programme helps make homes safer and more comfortable for older residents by subsidising essential home modifications.



Grab bars in toilets and around the flat



Slip-resistant treatment for bathroom floor tiles



Ramps (up to five per flat) and other elder-friendly fittings



- ✓ Foldable shower seats



- ✓ Lowered bathroom thresholds



- ✓ Wall-mounted handrails at entrances



✓ Bidet sprays



✓ Rocker light switches



✓ Home fire-alarm devices



Seniors can apply via the Home Improvement Programme (HIP) or directly using EASE e-Service / Mobile@HDB, with typical applications processed within a week and installation completed soon after

If you have questions concerning EASE (Direct Application), please call the HDB Branch Service Line at **1800-225-5432** from 8:00am to 5:00pm on weekdays (excluding Public Holidays).

Visit

<https://www.hdb.gov.sg/residential/living-in-an-hdb-flat/for-our-seniors/ease>



5 | Staying Connected and Asking for Help

Taking care of yourself also means knowing when to ask for help. Staying connected to your community can:

Reduce
loneliness
and isolation

Help you
get timely
support

Make you
feel more
confident and
empowered

Here are ways to stay connected

*Join group activities at the **community centre or AAC***

*Talk to your **family, neighbours, or volunteers** regularly*

*Join a senior **WhatsApp or Facebook** group to get updates on events*

*Reach out to your **family doctor or polyclinic** for referrals to physiotherapy, occupational therapy, or fall risk screening*

Age Strong: A Digital Journey to Total Well-Being

Take part in "Age Strong," a comprehensive digital health programme available on the Healthy 365 app, designed to help you improve your overall well-being one simple activity at a time. Enjoy personalised workouts tailored to your fitness level, engage in fun and educational quizzes, and track your progress as you complete daily tasks. Celebrate your achievements and earn rewards when you reach milestones, making it easier and more motivating to stay active, eat well, and maintain a healthy lifestyle every day.



Start your Age Strong journey today by downloading the **Healthy 365 app** and following the steps to sign up. Take your first step towards a healthier, more active lifestyle!

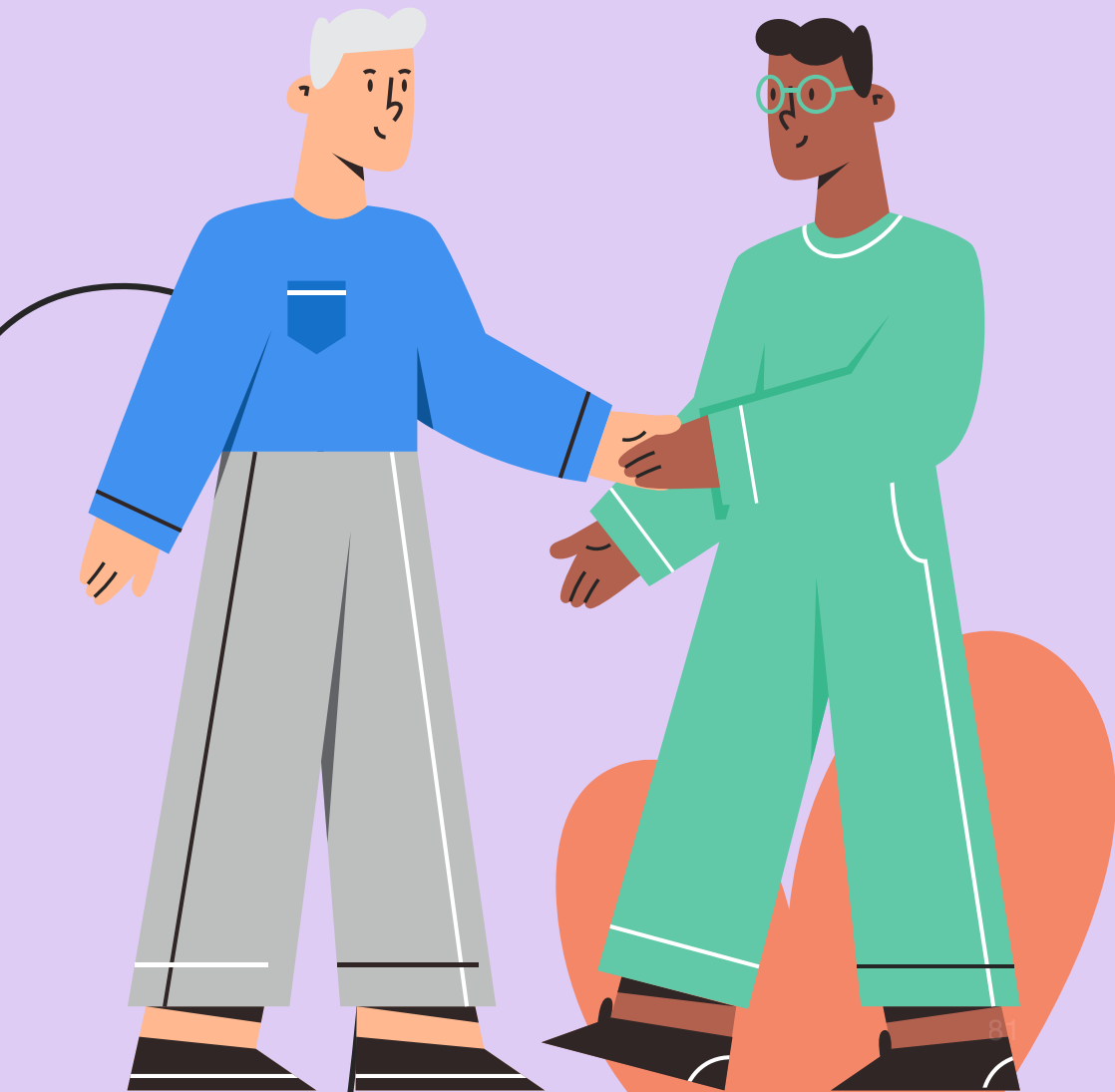


Remember

**You're Not Alone
There is always help
available. All you need
to do is reach out.**



Take the first step by joining a programme, visiting your nearest AAC, or simply taking a walk to your local exercise corner. Staying involved in your community is one of the best ways to stay safe, active, and happy as you age.



Appendix

Appendix A: Fall Risk Factors Checklist (STEADI)

Fall History

Any falls in the past year?

Yes No

Worries about falling or feels unsteady when standing or walking?

Yes No

Medical Conditions

Problems with heart rate and/or arrhythmia

Yes No

Cognitive impairment

Yes No

Incontinence

Yes No

Depression

Yes No

Foot problems

Yes No

Other medical problems

Yes No

Medications (Prescriptions, OTCs, Supplements)

Psychoactive medications

Yes No

Opioids

Yes No

Medications that can cause sedation or confusion

Yes No

Medications that can cause hypotension (low blood pressure)

Yes No

Gait, Strength & Balance

Timed Up and Go (TUG) Test ≥ 12 seconds

Yes No

30-Second Chair Stand Test: Below average score

Yes No

Vision

Vision worse than 20/40 or no eye exam in over a year

Present?

Yes No

Postural Hypotension

Drop in blood pressure when moving from lying to standing, or lightheadedness/dizziness

Present?

Yes No

Source:

Centers for Disease Control and Prevention (CDC) – STEADI Program

More info: www.cdc.gov/steady



Stay Steady, Live Safely 😊

A Practical Guide to Fall Prevention
for Seniors in Singapore



稳享生活

新加坡老年人预防跌倒实用指南



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前言

跌倒是导致老年人受伤、残疾及生活质量下降的主要原因之一。研究结果已明确表明，此类跌倒并非无法预防的意外，而往往与一些可预防或至少可减轻的因素相关。因此，看到这本全面实用的老年人预防跌倒指南，我感到十分欣慰。

作为医疗专业人员，我们对老年人的关怀在于保障他们拥有良好的生活质量和功能独立性，远离伤害与残疾。数十年来，我们已掌握了大量可靠的研究证据，这些证据支持着针对老年人跌倒的有效预防策略。有充分证据表明，通过简单评估可识别出跌倒高风险的老年人，同时，从早晨起床、居家自理、户外活动到夜间睡前准备，日常生活中也存在诸多可采用的有效预防措施。

本指南运用了最新的研究证据和最佳实践方法，结合了真实的案例场景，并借鉴了实践领域（新加坡狮子乐龄之友协会）与学术界（新加坡理工大学）的专业知识。来自新加坡狮子乐龄之协会的老年人及工作人员的心声，也让本指南更具实用性和针对性。无论你是老年人、老年人的看护者、执业医疗专业人员、管理人员，还是支持预防跌倒工作的倡导者，都能从本指南中找到预防老年人跌倒的实用建议、技巧和策略。

我强烈建议所有医疗专业人员，包括所有相关健康专业人员，在工作中使用本指南，或将其分享给看护者，以降低老年人跌倒的发生率和严重程度。同时，我也诚挚感谢所有撰稿人以及为这本指南的问世付出努力的每一个人。让我们共同运用这本指南，践行对老年人安全、优质照护及良好生活质量的承诺。

Alan Wong 教授

新加坡综合医疗保健理事会主席

致谢

本手册的顺利编撰，离不开众多个人与机构的热忱投入与通力协作，他们秉持共同的使命，致力于支持老年人安全、自信地生活。

我们衷心感谢新加坡狮子乐龄之友协会 2024-2026 年度管理委员会给予的坚定支持。我们亦向狮子乐龄之友协会执行董事 Karen Wee Siew Lin 女士致以诚挚谢意，感谢她在本项目全程提供的宝贵指导与始终如一的投入。她的专注与行动力，为这本手册的最终落地起到了关键作用。

特别感谢新加坡理工大学和项目团队的合作与支持。团队领队 Tim Xu Tianma 副教授，以及团队成员 Agnes Xue Lishan 副教授、Bernadine Teng Sze Kee 助理教授及 Martin Ang Seng Hock 博士凭借专业知识与敬业精神，为手册的内容架构，方向定位以及手册编撰贡献了力量。也感谢项目协调员 Irisa Chu Xiaoqing 不辞辛劳地统筹实地探访、访谈及各项项目活动。


我们亦向新加坡狮子乐龄之友协会项目团队的 Ng Chong Chee Dan、Emily Ong、Benjamin Yeo、Phil Low、Madeline Heng，以及家庭护理基金会的 Moses Ku、Lawrence Low 与 Chiang Jiarong 致以诚挚谢意。他们在手册概念构思阶段提供了宝贵的早期支持。

最重要的是，我们向新加坡狮子乐龄之友协会的老年朋友们及工作人员致以深深的谢意。他们热心参与访谈，无私分享自身经验，正是他们的声音，确保了本手册对老年群体而言兼具实用性、针对性与意义。

最后，我们向所有为这本防跌倒手册的编撰贡献力量的人士表示由衷感谢，无论这份贡献是大是小。我们衷心希望，本手册能帮助老年人在日常生活中保障安全、保持独立、树立自信。



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一次跌倒，诸多启示

Gurdeep Singh 先生清楚地记得那一天。一天下午，他推着购物车匆忙过马路。当时交通灯即将变红，情急之下，购物车轮子卡住了。购物车翻倒，把他也拽倒在地。他重重摔在地上，膝盖受伤，头部也受到撞。幸运的是，他没有骨折，只是有些肿胀和疼痛。

起初，Gurdeep Singh 先生并没把这事放在心上。他心想：“只是跌了一下而已”，就在家涂了点药膏。但膝盖的疼痛一直没有消退。每走一步，他都会想起那次跌倒，而且感觉自己越来越站不稳。

为了保持活力，他尝试做一些简单的膝盖锻炼和平衡训练，女佣也会陪他去市场。但没过多久，疼痛加剧，Gurdeep Singh 先生开始避免长距离行走。他不再去附近的活跃乐龄中心，而是选择待在家里。

活动量减少后，他的关节变得更僵硬，平衡能力也越来越差。渐渐地，Gurdeep Singh 先生对出门失去了信心。他越发依赖女佣，生活范围也比以前小了很多。

一切都始于那一次跌倒。那一刻足以说明，老年人的生活可能会在瞬间发生改变，也正因如此，采取措施保持身体强健、行动稳健才显得至关重要。

宁求稳健，不卧病榻

林秀金女士今年78岁。她仍记得上次住院的经历。让她最不安的不是急诊室里漫长的等待，也不是机器的嘈杂声，而是静脉输液。她还记得针头扎进手背时那种尖锐的刺痛，以及连续几天手臂都得保持不动的不适感。她暗自说道：“我再也不想经历那种事了”。

从那以后，林女士变得格外小心。她从不匆忙行事，从椅子上站起来时会放慢速度，还会确保地面没有杂物。她知道，哪怕是一小步踏错，都可能导致跌倒；而一次跌倒，就可能意味着再次住院、再次输液。

“我必须照顾好自己”，她经常这样提醒孩子们，“与其手插着管子躺在病房里，不如健健康康、平平安安地待在家里。”

林女士的经历并非个例。许多老年人都有同样的担忧和恐惧。但她谨慎的做法提醒我们一个重要道理：身体虚弱的状况是可以应对的。只要养成良好习惯、提高防范意识并获得适当支持，就有可能保持身体强健、生活安全且独立自主，避免不必要的住院，远离那些痛苦的回忆。

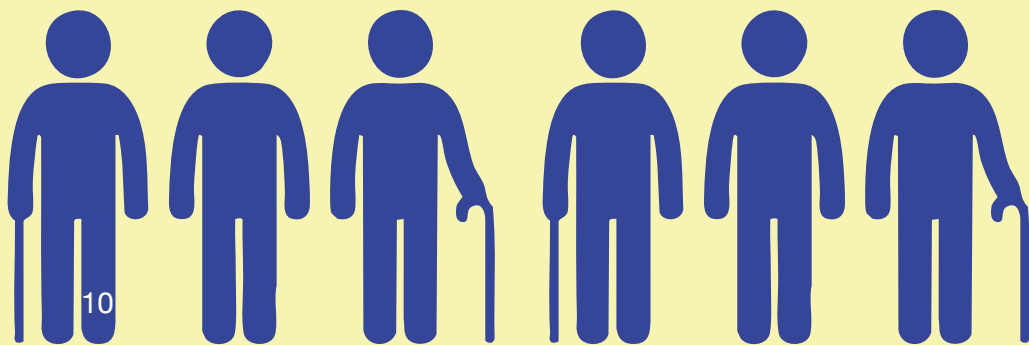
林女士分享自己的故事，不仅是为了说明预防跌倒的重要性，更是为了守护老年人的尊严、舒适生活，以及每天自信生活的自由。

引言

在新加坡这个人口快速老龄化的国家，老年人跌倒问题已成为日益严峻的公共卫生隐患。到2030年，新加坡每四位公民中就有一位年龄在65岁及以上，因此，应对跌倒风险及影响的需求愈发迫切。跌倒不仅是导致老年人因伤住院的首要原因，往往还标志着老年人在健康状况、行动能力和独立自主性方面开始走下坡路。

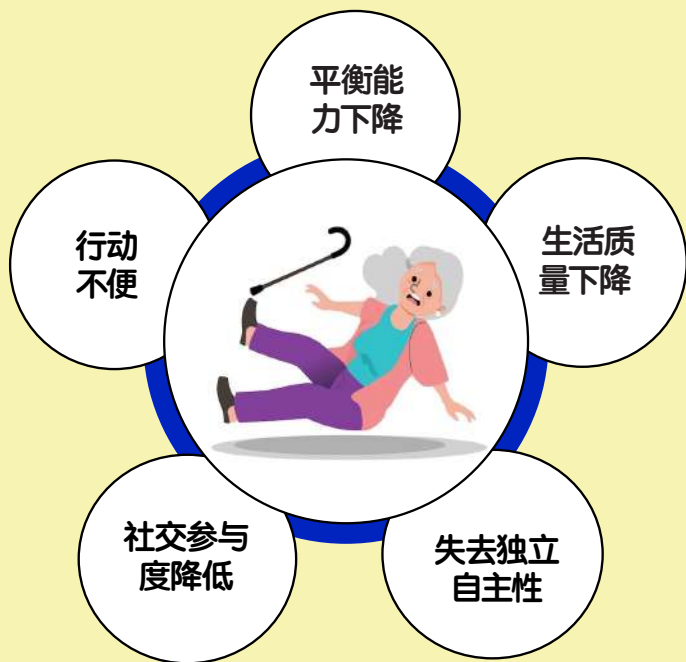
01

在新加坡，居住在社区、年龄65岁及以上的老年人中，约有三分之一每年至少会经历一次跌倒。



跌倒后的后果

跌倒可能导致严重受伤（如骨折），进而造成平衡能力下降、行动不便、失去独立自主性、社交参与度降低以及生活质量下降。



案例研究： 沈女士的跌倒经历

背景

沈女士是一位年近八旬的寡妇，向来独立自主。她有三个成年子女，子女们会定期来看望她，但她更倾向于自己打理日常生活。过去几年，由于患有关节炎，她一直受严重的膝盖疼痛困扰。

为了缓解病情，她尝试了多种治疗方式，包括去普通诊所就诊、接受中医针灸治疗，以及在附近的综合诊所进行物理治疗。

跌倒事件

两个月前，沈女士在浴室洗澡时滑倒了。虽然没有受重伤，但这次经历让她十分恐惧。从那以后，她对跌倒产生了强烈的恐惧心理，这影响了她完成日常事务的信心。



影响

沈女士现在害怕独自洗澡，不再做以前能独立完成的事情，还担心会因为膝盖疼痛和身体不稳再次发生严重的跌倒事故。

这种恐惧导致她的行动能力和身体活动量下降，变得更加依赖子女的照顾。

重要提示



大多数跌倒
是可以
预防的。



请阅读后续章节, 从现在开始做出改变。



自我风险评估

了解自身的跌倒风险，是保障安全与独立自主的第一步。你可以从问自己几个简单的问题开始。

1 快速自我检查

请通过以下3个核心问题评估自身跌倒风险：

1

过去一年内
是否有过跌倒
经历？

2

站立或行走时是
否感觉不稳？

3

是否担心自己
会跌倒？



如果以上任何一个问题你的答案是“是”，那么你可能面临较高的跌倒风险。

请咨询医生、物理治疗师或职能治疗师，进行更详细的评估。

2

了解跌倒的风险因素

当多种风险因素叠加时，跌倒就可能发生。
其中一些风险因素与身体机能相关。

与身体相关的风险因素

- 1 平衡能力差或肌肉无力
- 2 视力或听力问题
- 3 足部疼痛或穿鞋不当
- 4 站立时头晕或血压偏低
- 5 关节僵硬或患有关节炎
- 6 慢性疾病（如糖尿病、中风、帕金森病）
- 7 记忆力减退或意识模糊
- 8 服用多种药物（尤其是会导致嗜睡或头晕的药物）

重要提示



!!

对于自己行动时的感受，要坦诚面对。

!!

把自己的顾虑分享给家人或医护人员。

!!

借助本手册，审视日常生活的各个方面。

!!

一步一个脚印，逐步消除风险因素。



时刻警惕，
防患未然！

早晨起床安全

许多跌倒发生在起床后的第一个小时内，通常是由姿势变化、头晕或匆忙去厕所等原因导致。本章将分析晨间跌倒风险，并为你提供调整早晨作息的建议，助你安全稳健地开启新的一天。

03

1

起身太快

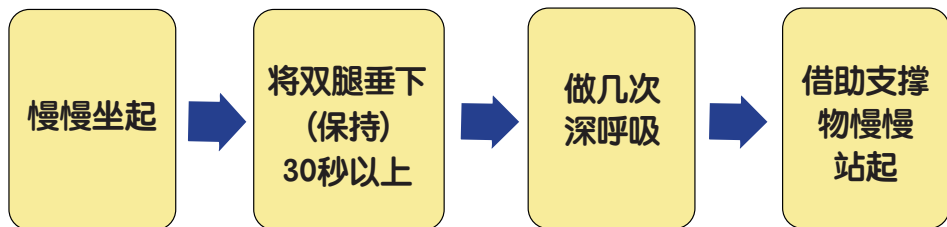
躺了一整夜后，你的身体需要时间来调整。

坐起或站起太快可能会导致头晕和头轻眼黑。



?? 防跌方法

采用“停顿起身法”：



在附近放置一把稳固的椅子或床栏，以辅助保持平衡。

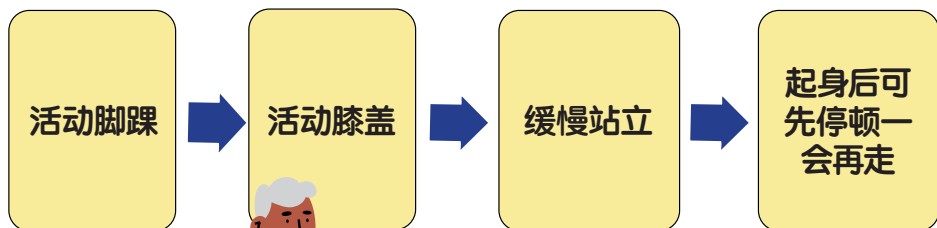


起身的时候感到晕眩或无力

许多老年人起床后会感觉腿部无力，或膝盖、关节僵硬。这可能导致行走不稳，或腿部突然无力（有时被描述为“膝盖发软”）。



防跌方法



3 匆忙冲向厕所

急需上厕所，尤其是清晨第一件事就有小便意识时，可能会导致行动匆忙或忘记小心移动。



? 防跌方法

1

在马桶旁安装扶手以提供支撑。



2

如果您经常在夜间被尿意紧急唤醒，可在附近放置一把便椅。



3

睡前将助行器放在身边。



重要提示



保持水分充足，但睡前避免大量饮水，以减少夜间起夜的需求。



与家人或看护者沟通，安装简单的安全辅助设施，如扶手或感应灯。



你可以参考第九章“社区资源”，了解相关部门和联系电话，以便协助改善居家环境。

保持冷静， 确保安全!



居家基础自我照护

许多跌倒事故发生在家中个人照护活动时，浴室和卧室是高发区域。本章将帮助你了解在洗澡、穿衣、如厕等日常活动中的潜在风险，并为你提供简单的方法，让居家环境更安全。

04

浴室空间狭小、地面材质坚硬，且积水容易导致地面湿滑。进出浴室、弯腰洗脚或伸手拿肥皂等动作，都可能影响身体平衡。

!! 常见风险

地面湿滑



✓ 安全建议

✓ 铺设防滑垫

✓ 穿防滑的拖鞋

✓ 防滑地面处理

✓ 淋浴后及时擦干地面



Source: Taobao



Source: Taobao

!! 常见风险

洗澡时没有可以抓握的支撑物



✓ 安全建议

✓ 在浴室安装扶手



!! 常见风险

被松动的浴室地垫
或杂物绊倒



✓ 安全建议

✓ 保持浴室整洁无杂物

✓ 使用防滑浴室地垫



!! 常见风险

站立淋浴时失去平衡



✓ 安全建议

- ✓ 安装淋浴椅，借助扶手辅助起身



Source: HDB EASE

2

穿衣与梳妆打扮

!! 常见风险

站立穿衣时失去平衡



✓ 安全建议

- ✓ 穿衣时坐在有扶手的稳固椅子上

- ✓ 必要时使用长柄鞋拔或穿衣辅助杆



如厕安全

许多人在如厕时，尤其是身边没有支撑物的情况下起身或坐下，容易发生跌倒。因急于如厕而匆忙行动，也可能引发意外。

!! 常见风险

起身/坐下时 失去平衡



✓ 安全建议

- ✓ 在马桶两侧安装扶手，借助扶手辅助起身和坐下



!! 常见风险

夜间如厕视线差

✓ 安全建议

- ✓ 确保地面干燥且无障碍物
- ✓ 在卧室到卫生间的通道安装夜灯，确保光线充足



!! 常见风险

穿着袜子或光脚走路，尤其是在瓷砖或光滑的地板上，会非常滑。

**✓ 安全提示**

- ✓ 始终缓慢、谨慎地移动
- ✓ 避免穿着袜子或光脚走路，尤其是在瓷砖或光滑的地板上
- ✓ 选择不会拖到地面或导致绊倒的衣物

重要提示



- 1 行动时始终放慢速度，集中注意力
- 2 使用安全辅助工具，如扶手、冲凉椅和辅助穿衣工具。
- 3 确保照护活动区域光线充足、无杂物堆积。
- 4 若曾有险些跌倒的经历，或在进行某些活动时感到不安全，一定要告知他人。
- 5 不要害怕寻求帮助，也不要排斥使用有助于保持独立自主的工具。



安心照护，
自信生活！

居家维护

保持家居环境整洁有序，能让你生活得更舒适、更有掌控感，但某些家务劳动若操作不当，可能会增加跌倒风险。扫地、做饭、伸手拿橱柜里的物品等家务，往往需要弯腰、攀爬或搬运东西，这些动作都可能影响身体平衡。

本章将介绍居家维护中的常见隐患，并提供简单实用的建议，帮助你在从事轻度家务时保障安全。

05

!! 常见风险

踩在椅子、凳子上取物

**✓ 安全提示**

✓ 使用带扶手的稳固踏脚凳, 或寻求帮助。

✓ 将常用物品放在腰部高度附近的橱柜

**!! 常见风险**

被洒出的水或清洁剂滑倒

**✓ 安全提示**

✓ 及时清理地面水渍或清洁剂, 避免滑倒



!! 常见风险

被电线或小物件 (例如玩具) 绊倒



✓ 安全提示

✓ 保持走到畅通无阻



!! 常见风险

被光滑的地毯滑倒



✓ 安全提示

✓ 用防滑垫替换光滑的地毯



✓ 其他安全建议

使用充足的照明，以便看清自己在做什么。



重要提示



了解自身能力, 适时寻求帮助
不必强求自己完成所有家务。
当出现以下情况时, 要学会适当放手:

① 感到疲劳时, 及时休息, 不要勉强自己。

② 向家人、朋友或保姆求助。

③ 对于较繁重的清洁工作, 可考虑聘请兼职居家清洁服务。



活动健身,
安全第一!



简易平衡与力量训练

跌倒是可以预防的！
简单的居家训练能帮助你保持身体强健、
行动稳健。

为何要进行
这些训练？

进行这些训练无需去
健身房，只需在家中
找一个舒适、熟悉的
地方（如窗边护栏旁、
稳固的椅子旁或厨房
操作台旁）即可。

选择一个让你感觉安全、且有特殊意义的地方——比如你喜欢待着、且能自信活动的区域。

06

训练指南使用方法

- 开始任何训练前，先在选定的安全区域内，扶住稳固的物体（作为支撑）。
- 当感觉身体平稳、安全时，可尝试不借助支撑完成同样的训练。
- 即使不扶支撑物，也要确保支撑物就在附近。
- 若感觉不稳，立即重新借助支撑。
- 训练或每组动作之间，根据需要休息。
- 若你是初学者，或正处于康复阶段，可从较少的重复次数开始，循序渐进，保持规律训练！

训练频率与强度

(FITT 总结)

平衡训练

训练频率：

尽可能每天进行

训练时长/次数：

每个姿势保持30-60秒，
或重复5-10次动作

力量训练

训练频率：

每周 2-3 次，每次训练间隔 1 天休息

训练时长/次数：

每组 8-15 次重复动作；
共 1-3 组

训练进阶方法

1

借助支撑起步：

所有训练都先扶住稳固的物体进行。

2

逐步加量：

逐渐增加每个动作的保持时间或重复次数。

3

减少支撑：

当感觉平稳时，可尝试用一只手或仅用指尖扶住支撑物。

4

无支撑训练（若安全）：

只有当你信心充足时，才尝试不借助支撑进行训练。务必确保附近有稳固的物体可随时借助。

5

额外挑战（可选，需确保安全）：

力量训练：可放慢动作速度、在动作中停顿，或手持小重量物品（如水瓶）增加难度。

平衡训练：若感觉安全，可在站立平衡训练时尝试闭眼几秒钟。

6

循序渐进：

只有当你准备好时，再尝试难度更高的训练。若感觉不稳，回到有更多支撑的训练阶段。

平衡与力量训练动作



平衡训练

A

站立静态平衡训练

先从以下站立不动的训练开始，锻炼平衡能力。

1 双脚并拢站立

身体直立，双脚并拢。双手轻扶稳固支撑物（如椅子 / 窗栏），保持 10-30 秒。



训练目的 提高站立或排队时的平稳性。

2 半前后站立

站姿：将一只脚稍向前放置，另一只脚在后，双手扶住支撑物。保持 10-30 秒后，换脚重复动作。



训练目的 适应狭窄空间（如公交车内、自动扶梯上）的站立平衡。

3 单脚站立

扶住支撑物，抬起一只脚，保持 10-30 秒。之后换另一条腿重复动作



训练目的 方便穿裤子或跨过障碍物时保持平衡。

B

动态平衡训练

当你能轻松完成静态平衡训练后，可尝试以下需要移动脚部或转移身体重心的训练。

4 侧向移步

扶住支撑物，向一侧横向迈步 5-10 步，之后再退回来。两侧方向均重复此动作。



训练目的 在家里能够安全的跨越障碍物

5 踮起脚尖

站在你选定的安全位置并抓牢支撑物，踮起脚尖，然后再放下。



训练目的 增强脚踝力量，有助于行走、上下楼梯以及在不平坦地面上保持平衡。

6 脚跟碰脚尖直线步行

- 站在墙边或柜台旁以获得支撑。
- 将一只脚的脚跟，直接放在另一只脚的正前方，姿势如同沿直线行走一般。
- 向前走5-10步，转身，以同样的方式走回来。
- 必要时抓住支撑物，或确保支撑物在可及范围内。



训练目的 有助于提升在狭窄或拥挤区域行走时的平衡感与协调性。

力量训练

完成平衡训练后，可进行以下针对腿部和手臂的力量训练。

7 侧踢

身体站直，扶住支撑物。向侧面抬起一条腿，再放下。之后换另一条腿重复动作。



训练目的

能够帮助在侧走时保持平衡

8 迷你深蹲

动作步骤：

- 在选定的位置站立，扶住支撑物。
- 臀部向后推，仿佛要坐下一样，同时膝盖微微弯曲。
- 确保膝盖不超过脚尖，脚后跟始终贴地。
- 下蹲至感觉舒适的程度即可，不要蹲得过低。
- 集中注意力让臀部向后移动，而非膝盖向前顶。
- 缓慢站起，回到初始姿势。



训练目的

增强大腿、臀部和臀部肌肉，以支撑站立、爬楼梯和坐姿等日常活动。

9 坐立训练

- 坐在稳固的椅子上，在舒适的位置旁备好支撑物。
- 双肩前倾，站起身（必要时借助支撑物），再缓慢坐下。



训练目的

这对从床上、椅子上、马桶上起身很重要。

10 站姿腿部弯曲训练

- 站直身体，扶住稳固的物体。
- 弯曲一条膝盖，让脚向后抬起，仿佛要踢到臀部，再放下，换另一条腿重复动作。



训练目的

这能增强大腿后侧肌肉力量，有助于行走和保持平衡。

11

抬脚尖训练

- 扶着椅子或柜台站立。
- 保持脚跟贴地，将前脚掌（脚尖部位）尽量向上抬起，然后再缓慢放回原位。



训练目的

这项训练能增强小腿前部肌肉，有助于保持平衡和更安全地行走。

12

墙壁俯卧撑

- 面向墙壁站立，双手放在与肩同高的位置，站在你选定的安全区域。
- 弯曲肘部，向墙壁倾斜（幅度以舒适为宜），然后推回原位。



小贴士：站得离墙近一些会更轻松。

如果有肩部或手腕疼痛，请勿做此练习，或先咨询治疗师或医生。

训练目的

这项训练能增强手臂力量，有助于推门和支撑身体。

免责声明

本手册中的训练动作基于针对老年人防跌倒的研究成果及国际指南制定。

若你有健康问题、身体疼痛或患有慢性疾病，在开始训练前，请咨询医生、物理治疗师或其他医疗专业人士的意见。

训练过程中，若出现疼痛、头晕或呼吸困难等不适症状，请立即停止。

坚持训练，
保持强健，
享受运动的乐趣！





户外出行安全

走出家门有助于你与外界保持联系，但户外环境也存在新的风险：凹凸不平的路面、繁忙的街道以及突发障碍物，都可能增加跌倒几率。本章将分享简单实用的建议，帮助你在户外活动时保持安全与自信。

07

1 注意凹凸不平的地面和台阶

人行道和步行道可能存在裂缝、斜坡或松动的地砖。



路口的台阶如果过高或不平整，也可能带来麻烦。



2 注意湿滑的地面



其它户外安全小贴士

不安全的鞋子



安全的鞋子



过马路时使用交通信号灯
或斑马线



尽可能使用电梯



避免乘坐自动扶梯



✓ 正确使用助行器（拐杖）



✓ 必要时佩戴眼镜，以获得更清晰的视力



✓ 外出前规划好路线。查询公交车到站时间，合理安排出行时间。



✗ 切勿匆忙！



MyTransport App

积极出行， 时刻警惕！



夜间安全

老年人夜间醒来上厕所或喝水是常见情况。但从床上突然起身，尤其是在困倦或意识不清的状态下，可能会影响身体平衡，增加跌倒风险。本章将提供简单的方法，让你的睡眠区域更安全、更舒适。

08

✓ 你的床不宜过高或过低，必要时进行调整以便轻松上下

✓ 床旁放置一把稳固的椅子或扶手杆以提供支撑



✓ 从床到厕所的路径要畅通无阻，没有地毯、鞋子或电线



✓ 睡前尽量去趟厕所，以减少夜间尿急的情况

✓ 如果经常夜间被尿急弄醒，可在床旁放置一个便桶椅



✓ 按医嘱服药，尤其是助眠或降血压的药物



✓ 将必需品放在附近

- 一瓶水
- 你的手杖或助行架
- 你的眼镜
- 纸巾或湿纸巾
- 一部手机或紧急呼叫按钮



✗ 睡前避免大量饮水



夜间起床

- ✓ 在卧室、走廊和卫生间使用感应灯或插电夜灯



- ✓ 起身时慢慢坐起，站立前稍作停顿



✓ 必要时使用助行器，并将其放在床边



✓ 在卫生间使用扶手杆以获得更好的支撑



✗ 仍感到困倦或头晕时，切勿站立或行走



安稳睡眠，
安全相伴！



社区资源

在保持活力、预防跌倒的路上，你并不孤。新加坡有多社目、活动中心和服务机构，致力于你提供健康、安全和立自主生活所需的支持。本章介一些实用的社源，帮助你保持强健体魄、健行动，并极参与社交活动。

09

1 | 活跃乐龄中心 (AACs)

活跃乐龄中心遍布新加坡各地，提供丰富多样的活动和服务，例如：

小组运动和
跳舞

健康讲座和
筛查

社交活动与
兴趣小组

预防跌倒
与行动能力
工作坊

活跃乐龄中心是朋友、保持活力并得工作人和志愿者支持理想所。



查询离你最近的活跃乐龄中心：



访问网址 :<https://supportgowhere.life.gov.sg/services/SVC-AACAAACHASACS/active-ageing-centres-aac>



提示

大多数活跃乐龄中心均可免费加入，且欢迎所有居住在周边的老年人！

2

社区预防跌倒项目

加入社区项目，能更轻松地保持活力、学习预防跌倒知识。

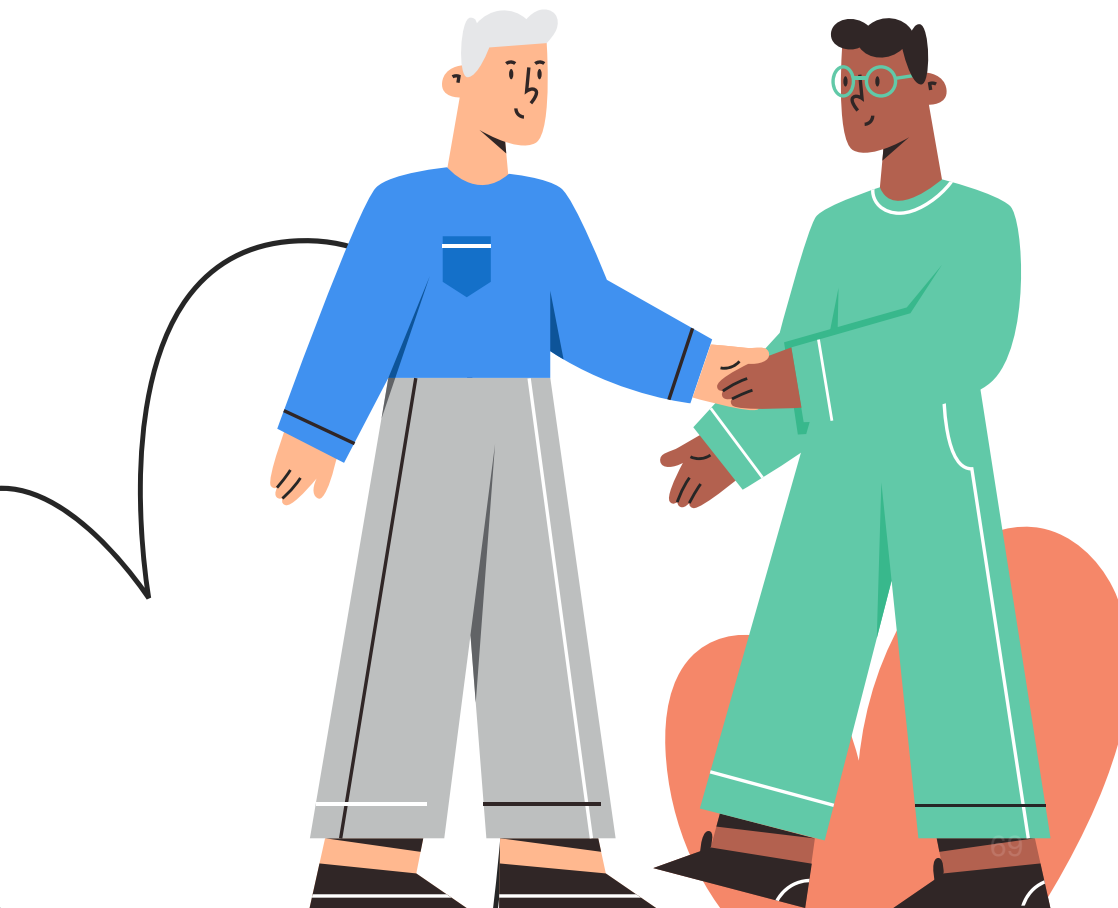
这些项目专为老年人设计，帮助你：

提升平衡能力与力量

掌握防跌倒技巧

保持独立自主与自信

结交新朋友，维持社交联系



新加坡常见社区预防跌倒项目:

“健康乐龄”项目

(Live Well, Age Well programmes)

该项目提供循序渐进的力量与平衡训练，帮助你增强力量、改善平衡能力和稳定性，让日常活动更轻松、更自信。你还将学习如何在饮食中加入更多富含钙的食物，以保持骨骼强健。此外，项目还会教授实用的跌倒后自救技巧，包括如何保护自己、减少受伤程度，以及跌倒后如何求助。

“健康乐龄”项目的活动在社区中心、居民委员会（RC）、居民网络（RN）中心、活跃乐龄中心及其他社区场所开展。你可以前往这些场所了解详情并报名参与。

了解更多“健康乐龄”项目信息:

访问网址: <https://www.healthhub.sg/programmes/aap>



“与衰弱说不”项目

(Say No To Frailty Programme)

这是一项免费的社区项目，旨在帮助老年人应对身体衰弱问题、降低跌倒风险并养成健康生活方式。项目包含每周活动，内容涵盖体育锻炼、营养知识普及和居家安全建议。

访问网址了解详情:

<https://occupymytime.wixsite.com/saynotofrailty>



“健康乐龄促进计划”

(Healthy Ageing Promotion Programme for You, HAPPY)

HAPPY 是一项每周开展的健康项目，旨在帮助你保持身心活跃。通过温和的拉伸运动、轻度动感游戏、放松技巧和冥想练习，参与者可以增强平衡能力，提高同时处理多项任务的能力。为方便更多人参与，项目采用线上线下混合模式，既在活动中心开展线下活动，也通过Zoom平台提供线上参与渠道，确保居家老年人也能参与其中并受益。



“动出活力，练出强健”项目

(Move It Feel Strong)

参与充满活力的集体健身课程（如黄金尊巴舞、低强度有氧运动），这些课程不仅能为身体注入活力，还能为你创造与社区居民交流的机会。课程中的动作简单有效，旨在增强力量、改善平衡能力和柔韧性，这些都是老年人维持独立自主生活的关键要素。规律参与课程还有助于减轻关节疼痛和僵硬感、降低跌倒风险，促进身心健康，让你保持活跃状态、增强自信心并积极参与社交活动。



3 | 组屋区户外健身角

你知道吗？新加坡许多组屋区都设有专为老年人设计的户外健身角。

这些健身设施有助于改善以下能力：

腿部力量与
平衡能力

柔韧性与
身体姿态

协调性与关节
活动度

结交新朋友
并保持联系

健身角通常位于公园附近、组屋底层架空空间或社区中心周边。部分健身设施配有使用说明和图示，方便你操作。



使用小贴士

可在清晨或傍晚天气较凉爽时使用健身角

穿着舒适的鞋子，并随身携带饮用水

邀请朋友一同参与，结伴而行更安全，也更有趣！

4 | 组屋乐龄易计划

组屋乐龄易计划

HDB Enhancement for Active Seniors (EASE)

组屋乐龄易计划通过补贴必要的家居改造费用，帮助老年人打造更安全、舒适的居家环境。

✓ 卫生间及屋内各处的扶手



✓ 浴室地砖的防滑处理



✓ 斜坡（每间组屋最多配备 5 个）及其他适老化设施



✓ 可折叠淋浴座椅



✓ 降低高度的浴室门槛



✓ 门口的壁挂式扶手



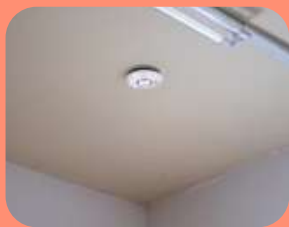
✓ 坐浴冲洗器



✓ 跷板式电灯开关



✓ 家用火灾报警装置



申请方式

老年人可通过家居改善计划 (HIP) 申请, 或直接通过组屋乐龄易计划电子服务平台 (EASE e-Service) /“我的组屋”移动应用 (Mobile@HDB) 申请。一般情况下, 申请会在一周内处理完毕, 之后很快会安排安装工作。

咨询方式

若你对“组屋乐龄易计划 (直接申请)”有疑问, 可在工作日 (公共假期除外) 上午8:00至下午5:00, 拨打组屋分局服务热线1800-225-5432咨询。

访问网址了解更多信息

<https://www.hdb.gov.sg/residential/living-in-an-hdb-flat/for-our-seniors/ease>



5

保持社区联系

照顾好自己，也意味着要知道何时需要寻求帮助。

与社区保持联系，能带来以下益处：

减少孤独感与
孤立感

及时获得
所需支持

增强自信心与
自我效能感

以下是一些帮助老年人保持社区联系的方

参与社区中心或活跃乐龄中心（AAC）的集体活动

定期与家人、邻居或志愿者交流

加入老年人专属的 WhatsApp 或 Facebook 群组，及时获取活动通知

联系家庭医生或综合诊所，咨询物理治疗、职能治疗或跌倒风险筛查的转诊事宜

乐龄健行：通往全面健康的数字之旅

参与“乐龄健行”（Age Strong）项目吧！这是一项可在“健康365”（Healthy 365）应用程序上获取的综合数字健康计划，旨在通过一个个简单的活动，帮助你逐步提升整体健康水平。你可以享受根据自身健康状况量身定制的个性化锻炼方案，参与趣味十足且兼具知识性的问答活动，还能在完成每日任务时追踪自己的进度。当你达成阶段性目标时，不仅能为自己的成就喝彩，还可赢取奖励，这让你更轻松、更有动力地坚持每日运动、合理饮食，进而维持健康的生活方式。



立即开启你的“乐龄健行”之旅：下载“Healthy 365”应用程序，按照提示完成注册。迈出第一步，拥抱更健康、更活跃的生活方式！

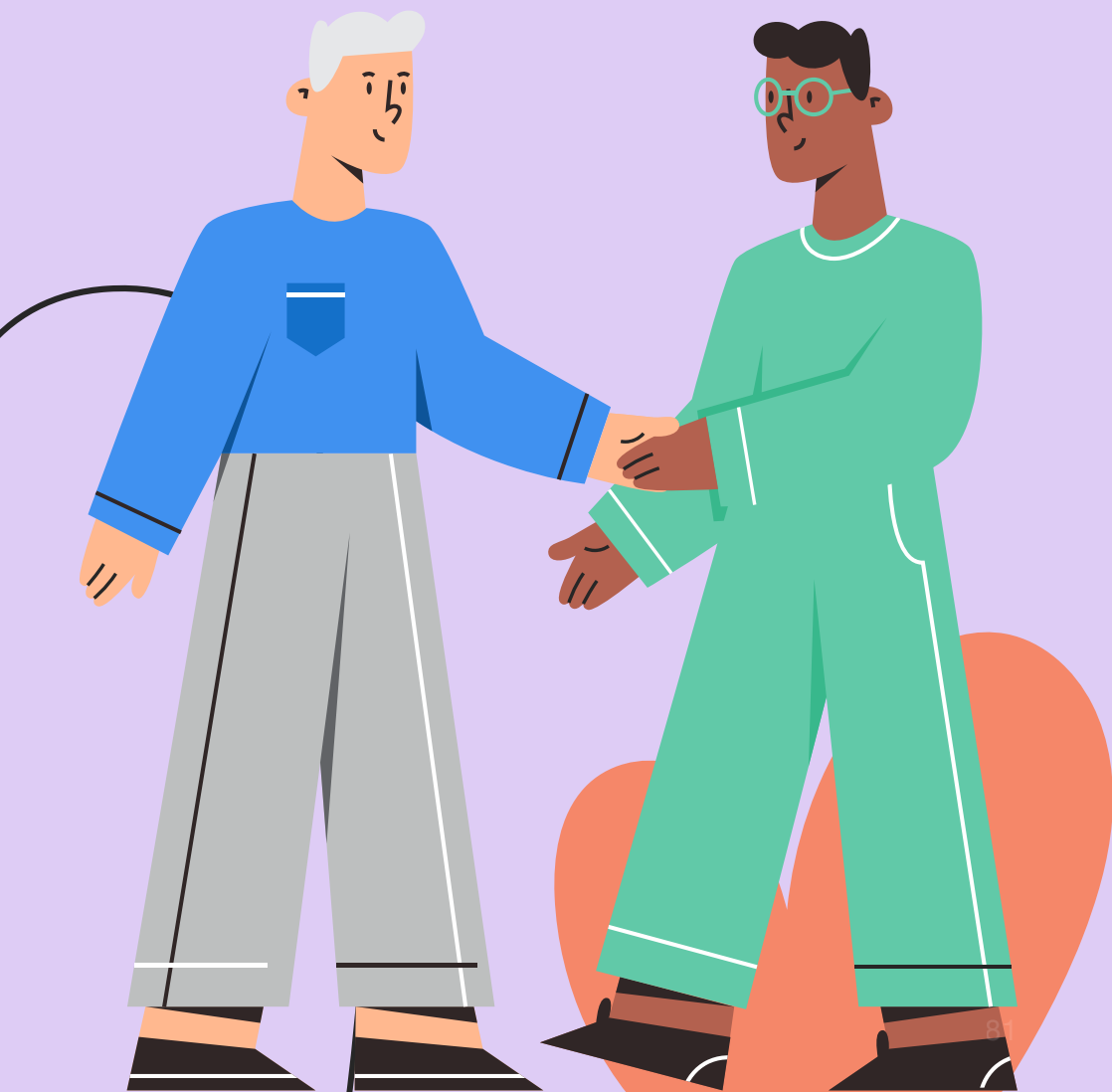


温馨提示

你并不孤单
帮助始终都在。
你只需主动伸出手，
就能获得支持。



迈出第一步：加入一个社区项目、到访最近的活跃乐龄中心，或简单地去附近的健身角散散步。随着年龄增长，积极参与社区活动是保持安全、活力与快乐的最佳方式之一。



附录

附录A: 跌倒风险因素检查表 (STEADI)

跌倒史

过去一年内是否有过跌倒经历?

是 否

是否担心跌倒, 或站立/行走时感觉不稳?

是 否

医疗状况

是否有心率问题和/或心律失常?

是 否

是否有认知障碍

是 否

是否有尿失禁问题?

是 否

是否有抑郁症?

是 否

是否有足部问题

是 否

是否有其他医疗问题?

是 否

药物 (处方药、非处方药、补充剂)

是否服用精神类药物?

是 否

是否服用阿片类药物?

是 否

是否服用可能导致嗜睡或意识模糊的药物?

是 否

是否服用可能导致低血压的药物?

是 否

步态、力量与平衡

是否存在

“起立-行走”计时测试 (TUG) 是否 ≥ 12 秒?

是 否

“30秒椅子站立测试”得分是否低于平均值?

是 否

视力

是否存在

视力是否低于20/40，或是否超过一年未进行眼科检查?

是 否

体位性低血压

是否存在

从卧位变为立位时是否出现血压下降，或是否有头晕/眩晕症状?

是 否

信息来源:

美国疾病控制与预防中心 (CDC) ——STEADI项目

More info: www.cdc.gov/stedi



稳享生活

新加坡老年人预防跌倒实用指南

