

Stay Steady, Live Safely

A Practical Guide to Fall Prevention
for Seniors in Singapore



Copyright © 2025 Lions Befrienders Service Association (Singapore).

All rights reserved. The stories in this booklet may be inspired by real-life events, but all characters, dialogue, and incidents are creations of the authors. Any resemblance to actual persons, living or deceased, or to actual events is entirely coincidental.

No part of this program booklet, *Stay Steady, Live Safely*, may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the Lions Befrienders Service Association (Singapore), except in the case of brief quotations embodied in critical reviews and certain other noncommercial uses permitted by copyright law.

For permission requests, please contact the Lions Befrienders Service Association (Singapore)

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.

Our special thanks also go to the Singapore Institute of Technology (SIT) and the project team from SIT, led by Associate Professor Tim Xu Tianma, with contributions from Associate Professor Agnes Xue Lishan, Assistant Professor Bernadine Teng Sze Kee, and Dr. Martin Ang Seng Hock. Their expertise and dedication greatly shaped the content and direction of the booklet. A big thank you to Irisa Chu Xiaoqing, the project coordinator, for her tireless efforts in organising site visits, interviews, and project activities.

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.



Content

- Chapter 1** **Introduction**
- Chapter 2** **Self-risk assessment**
- Chapter 3** **Safety after waking up
in the morning**
- Chapter 4** **Basic self-care at home**
- Chapter 5** **Home maintenance**
- Chapter 6** **Balance and strengthen exercises**
- Chapter 7** **Outdoor mobility**
- Chapter 8** **Safety at Night**
- Chapter 9** **Community resources**

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.

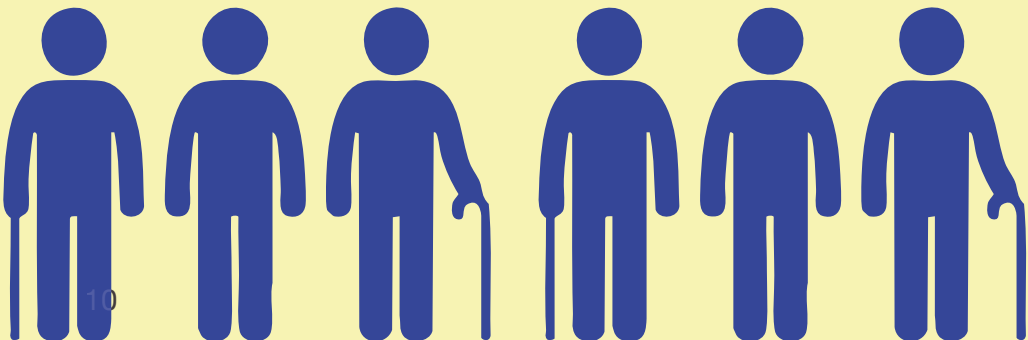
Madam Lim has shared her story not just because it shows why fall prevention matters. It is also about dignity, comfort, and the freedom to live confidently each day.

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.

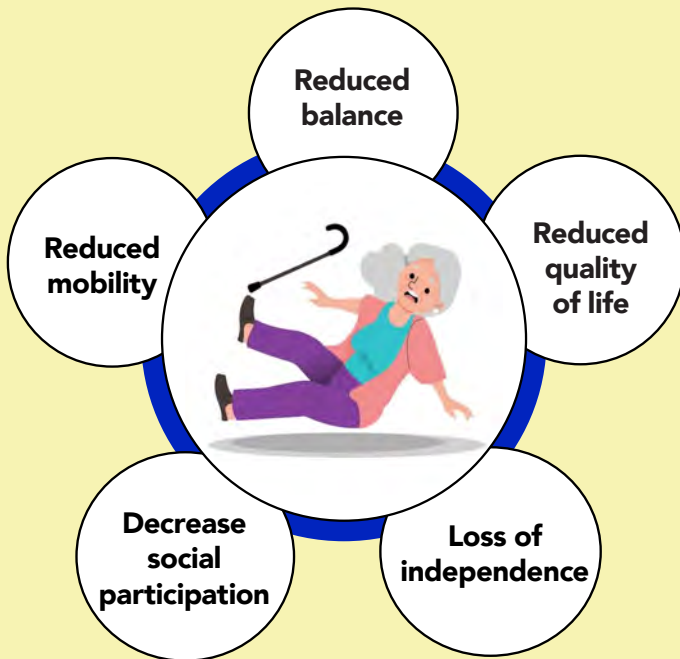
01

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

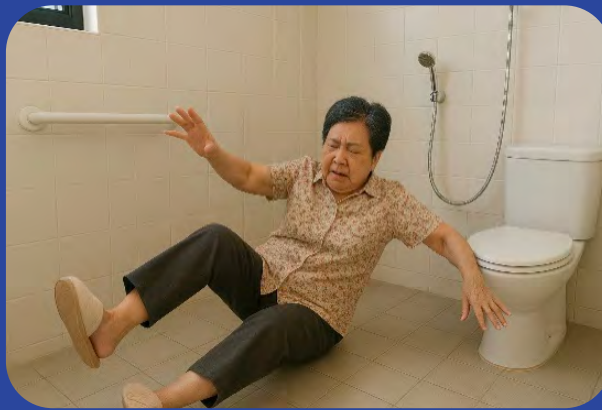
Background

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.

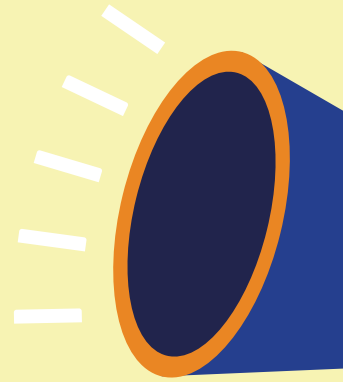


The Impact

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.

STAY STEADY, LIVE SAFELY



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.

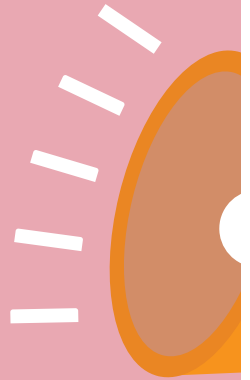
2 Know the Risk Factors for Falls

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



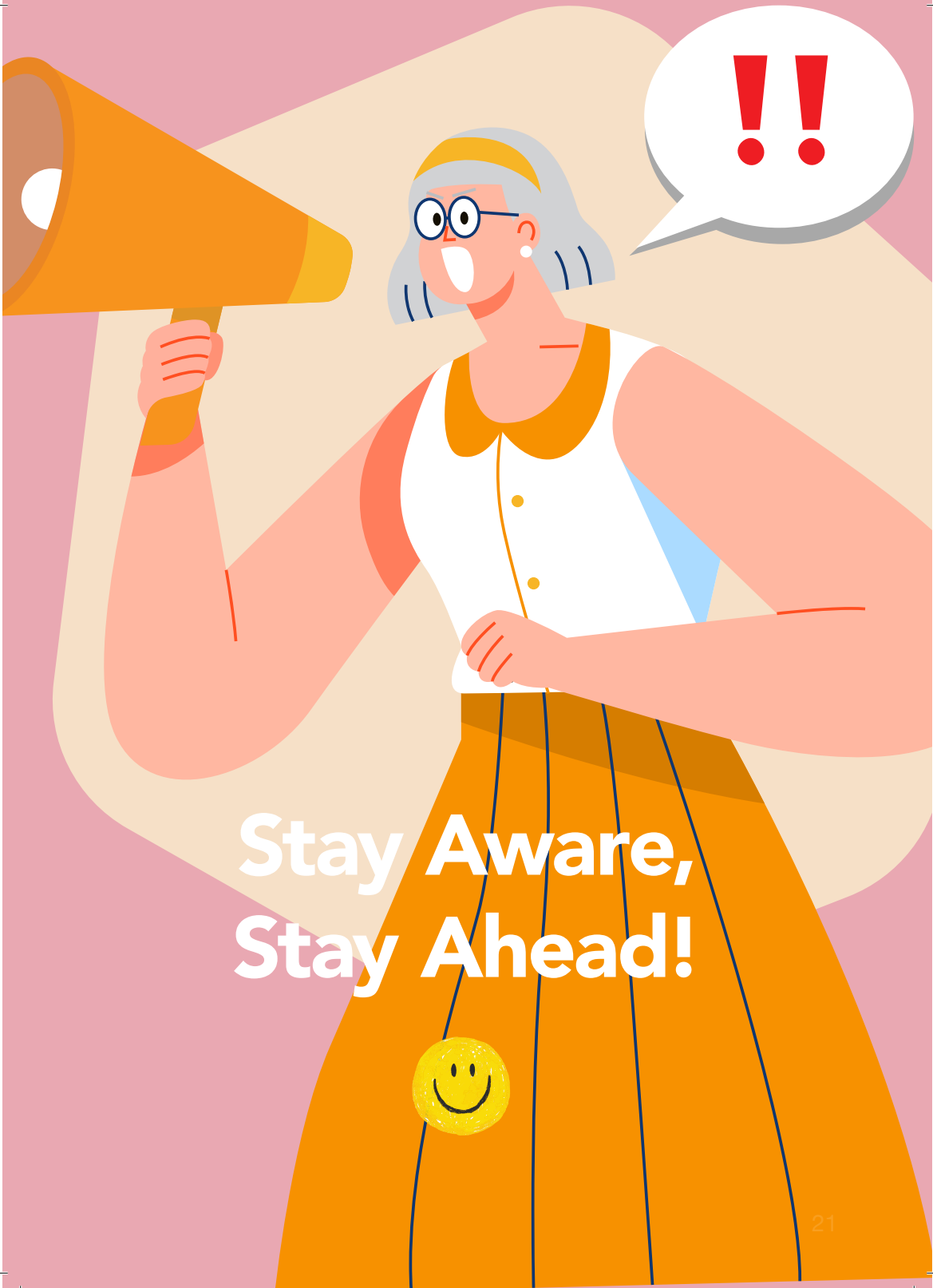
Share your concerns with a family member or health professional



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.

Chapter 3

03

1

Getting Up Too Quickly

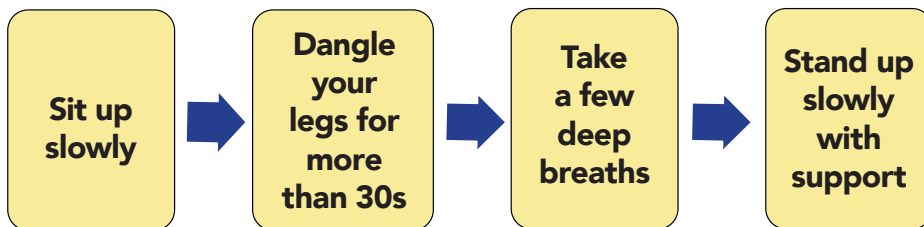
After lying down all night, your body needs time to adjust.

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.



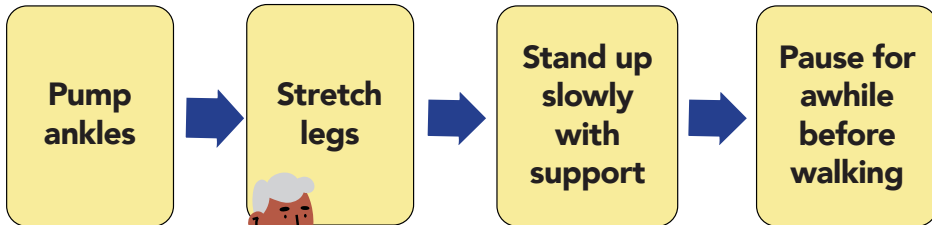
2

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:



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

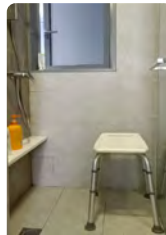
Lost balance when taking a shower in a standing position



✓ 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

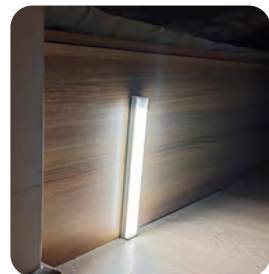


!! Common risks

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



4

Footwear

!! 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**



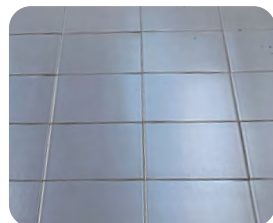
!! Common risks

Slipping on spilled water or cleaning products



✓ Safety Tips

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



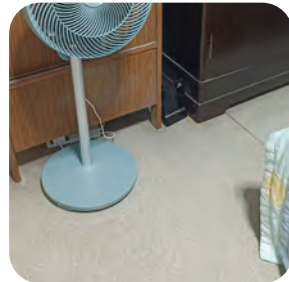
!! Common risks

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

STAY STEADY, LIVE SAFELY

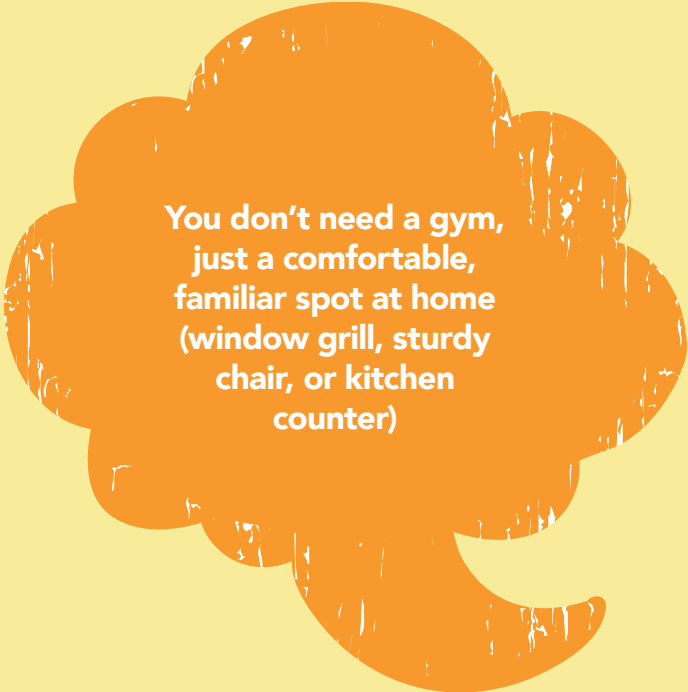


BALANCE AND STRENGTH EXERCISES MADE SIMPLE



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

Why Should I Do These Exercises?



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

Chapter 6

**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

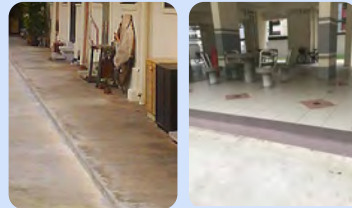
1

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

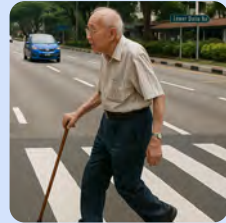
Unsafe shoes



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

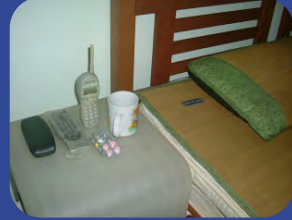


Take your **medications as prescribed**, especially for sleep or blood pressure



✓ **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.

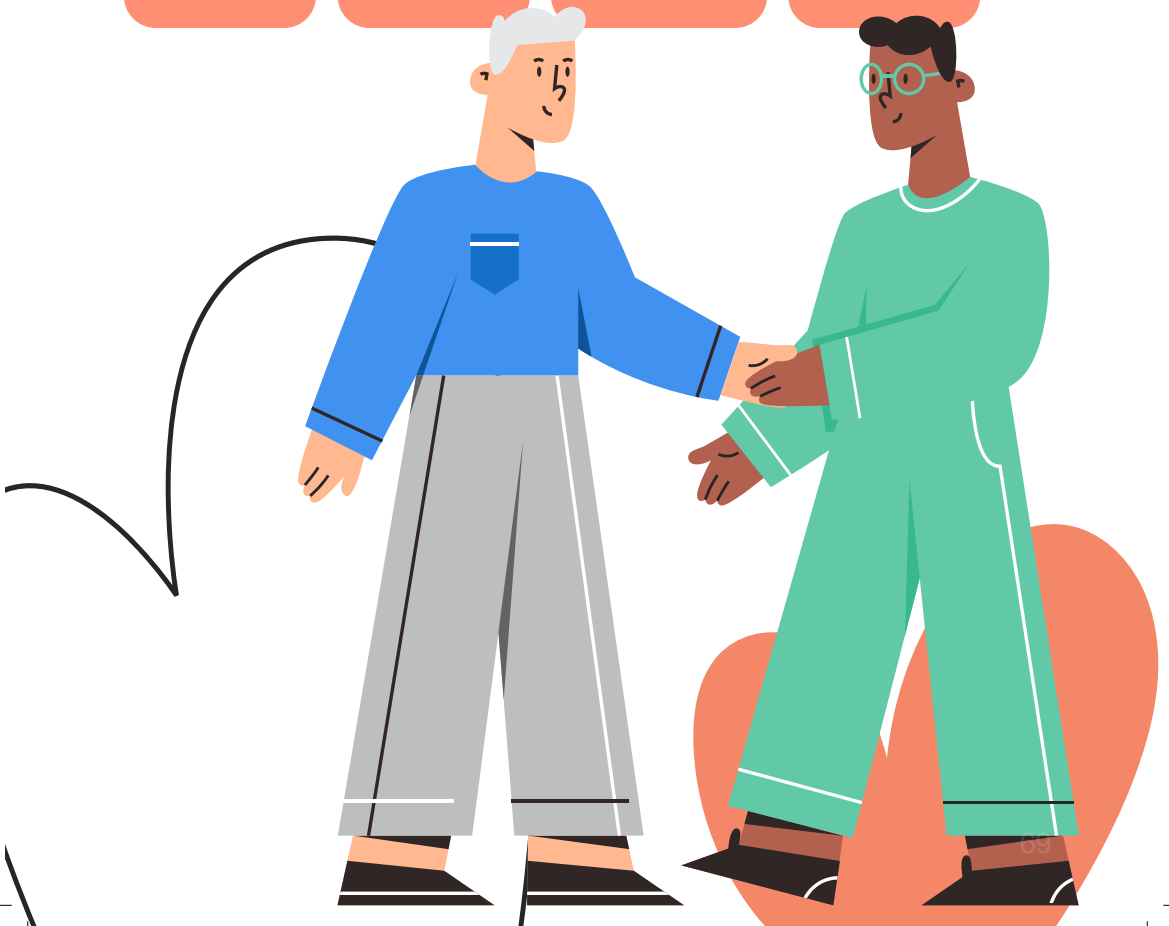
These programmes are designed to help seniors:

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



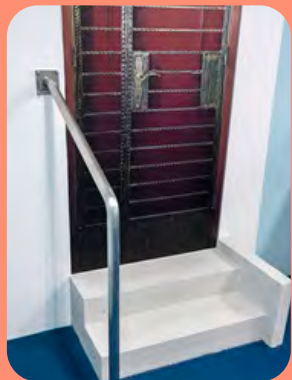
✓ Foldable shower seats



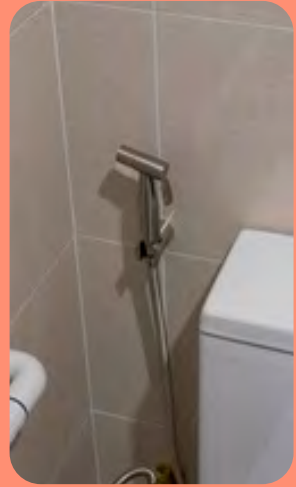
✓ Lowered bathroom thresholds



✓ Wall-mounted handrails at entrances



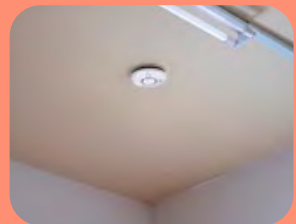
✓ Bidet sprays





✓ 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!



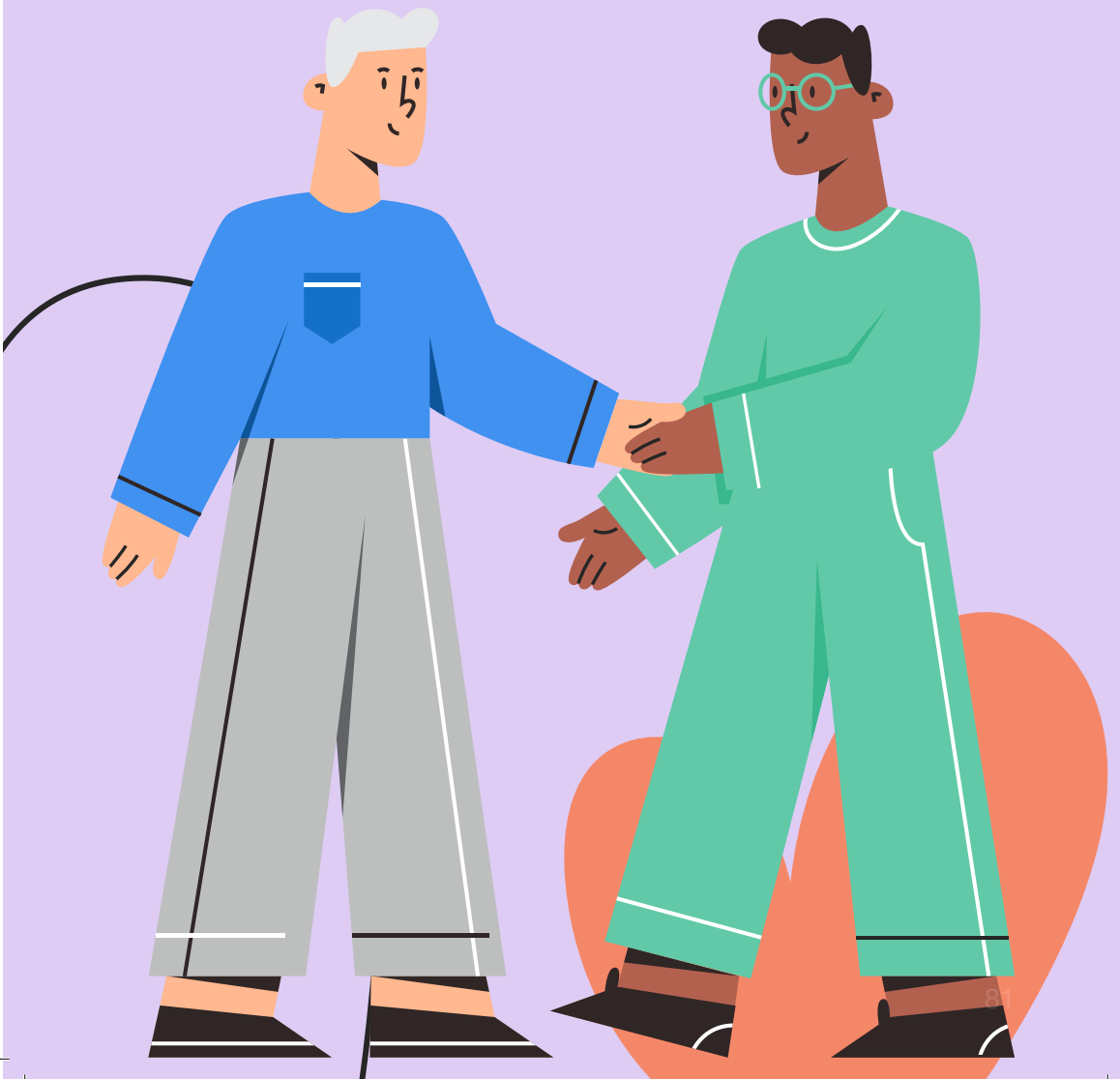
Remember

**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.

STAY STEADY, LIVE SAFELY



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

Present?

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/steadi



Stay Steady, Live Safely 😊

A Practical Guide to Fall Prevention
for Seniors in Singapore

