



Royal Star & Garter

Care with courage

FOR IMMEDIATE RELEASE

Falls Prevention Awareness Week: Physiotherapists' tips to staying safe at home

Staff at a charity have shared advice on how older people can stay safe in their homes, ahead of Falls Prevention Awareness Week.

Physiotherapists at Royal Star & Garter put together the easy-to-follow tips card and a video designed to help individuals remain safe in their homes.

Falls Prevention Awareness Week is a national health campaign running from 21-25 September to increase awareness around falls health and injury prevention among older adults.



Royal Star & Garter Physiotherapist Akhil Bobby giving tips for staying safe at home

Shirley Hall, Director of Care & Wellbeing at Royal Star & Garter, said: "A fall can have a lasting impact on an older person's confidence, often leading them to become less active and more isolated. We have created these simple resources as part of Falls Prevention Awareness Week to help people make small changes that can make a big difference. We hope they will give older people and their families the knowledge and confidence to stay safe, active

and independent at home."

The video can be [viewed here](#).

Royal Star & Garter provides loving, compassionate care and support to veterans and their families living with disability or dementia, from Homes in Solihull, Surbiton, High Wycombe and Worthing. It also runs services reaching out into the community including Day Care, Lunch Club and a national Telephone Friendship Service.

Earlier this year it announced a bold strategy to transform how it supports the Armed Forces community over the next decade, extending its reach across the country.



Royal Star & Garter

Care with courage

Royal Star & Garter is welcoming new residents. For more information on this, or to work for the charity, go to www.starandgarter.org

[Ends]

Video:

To view and download the Royal Star & Garter Falls Prevention Awareness Week video, go to: <https://vimeo.com/1229143166>

For further information please contact:

Goolistan Cooper
Communications Officer
goolistan.cooper@starandgarter.org
07391 868796

Cally Madden
Marketing & Communications Manager
cally.madden@starandgarter.org
07881 017299

About Royal Star & Garter

Founded in 1916, Royal Star & Garter provides care, support and friendship for veterans and their families so that they can live well. The charity delivers nursing and dementia care through Homes in Solihull, Surbiton, High Wycombe, and now in Worthing, having recently merged with the military charity Care for Veterans. It also offers a range of services reaching into the community, including Lunch Clubs, Day Care and a national Telephone Friendship Service.

Bluesky: @royalstarandgarter.bsky.social

Facebook: @starandgarter

Instagram: @Starandgarter

LinkedIn: @Royal Star & Garter

Tik Tok: @starandgarter

Website: www.starandgarter.org



Royal Star & Garter

Care with courage



Royal Star & Garter
is a member of the
National Care Forum