

**CWTSH**

# Keep yourself Safe and Well

**CUDDLE**



Falling at home can cause serious injuries, change your life, and damage your health.



Steady on...  
**Stay SAFE**



Strength



And Balance



Falls History



Environment

Talking about it and doing something to avoid it happening can make a difference.

**Keeping Safe and Active**

Are we staying active? Are we doing something simple every day, like walking or exercising, to keep up our strength.



**Keeping Your Home Safe**

Are we keeping our home safe from things that trip us up? Does the house feel safe to get around?



**Looking After Your Health**

Are we eating properly and drinking enough water? Are we taking our time and checking for trip hazards?



**Checking Your Eyesight**

Are we making sure our spectacles have been checked out every two years, and do they help us see clearly?



**Taking Care of Your Feet**

Are we looking after our feet? Do our shoes and slippers have good solid support and soles that stop us slipping?



Keeping us Active, Healthy and Safe is surely worth a chat.

“ Have you fallen or nearly in the last 12 months?  
Do you know why you fell, and do you remember where?  
Do you want help to try and stop falling again? ”

I fear falling or have fallen more than once.	The risks have made me stop and think.	All this makes sense.
It's time to do something or get help	It's time to get some advice	Let's have this chat again.

We can help. Get help if you need it



**Staying Active, Keeping Strong**

[www.agecymru.org.uk/falls](http://www.agecymru.org.uk/falls)

0300 303 44 98

**Keeping your Home Safe**

[www.careandrepair.org.uk/falls](http://www.careandrepair.org.uk/falls)

0300 111 3333

**Keeping your Feet/Self Healthy**

[www.ageconnectswales.org.uk/falls](http://www.ageconnectswales.org.uk/falls)

01639 617 333

CWTSH

# Cadw eich Hunan yn Ddiogel ac Iach

CUDDLE



Gall cwmpo gartref achosi anafiadau difrifol, newid eich, bywyd a niweidio eich iechyd.



Steady on... Stay SAFE



Strength



And Balance



Falls History



Environment

Gall siarad amdano a gwneud rhywbeth i'w osgoi rhag digwydd wneud gwahaniaeth.

**Cadw'n Ddiogel ac Egniol**

Ydyn ni'n cadw'n egniol? Ydyn ni'n gwneud rhywbeth syml bob dydd, fel cerdded neu ymarfer, i gadw ein nerth.



**Cadw eich Cartref yn Ddiogel**

Ydyn ni'n cadw ein cartef yn ddiogel rhag pethau sy'n ein baglu? A yw'r tŷ yn teimlo'n ddiogel wrth symud o gwmpas?



**Gofalu am eich Iechyd**

Ydyn ni'n bwyta'n iach ac yn yfed digon o ddŵr? Ydyn ni'n cymryd ein hamser ac yn gwirio am beryglon baglu?



**Gwirio eich Golwg**

Ydyn ni'n gwneud yn siŵr bod ein sbectol yn cael ei gwirio bob dwy flynedd, ac a yw'n ein helpu i weld yn glir?



**Gofalu am eich Traed**

Ydyn ni'n gofalu am ein traed? A yw ein esgidiau a sliperi yn rhoi cefnogaeth gadarn a gwadn sy'n ein rhwystro rhag llithro?



Mae'n siwrs fod cadw'n Egniol, Iach a Ddiogel yn werth sgwrs.



Ydych chi wedi cwmpo neu wedi bod bron â chwmpo yn y 12 mis diwethaf?

Ydych chi'n gwybod pan y gwnaethoch gwmpo ac ydych chi'n cofio ble?

Ydych chi eisiau help i geisio peidio cwmpo eto?



Mae gen i ofn syrthio neu wedi syrthio mwy nag unwaith.	Mae'r risgiau wedi gwneud i fi stopio a meddwl.	Mae hyn i gyd yn gwneud synnwyr.
Mae'n amser gwneud rhywbeth neu gael help.	gael help. Mae'n amser cael cyngor.	Gadewch i ni gael y sgwrs yma eto.

Gallwn ni helpu. Cael help os mae ei angen arnoch chi



**Aros yn Egniol, Cadw'n Gryf**  
[www.careandrepair.org.uk/cwmpo](http://www.careandrepair.org.uk/cwmpo)  
0300 303 44 98

**Cadw eich Cartref yn Ddiogel**  
[www.careandrepair.org.uk/falls](http://www.careandrepair.org.uk/falls)  
0300 111 3333

**Cadw Eich Traed/Hunan Iach**  
[www.ageconnectswales.org.uk/falls](http://www.ageconnectswales.org.uk/falls)  
01639 617 333