Factors that contribute to disability in older adults

1. Pain
2. Urinary problems
3. Hearing loss

These conditions are not a consequence of ageing and can be treated.

Risk factors for falls
1. Unsteadiness
2. Depression
3. Fear of falling

All risk factors can be treated which can decrease risk of falling.

Factors that contribute to disability in older adults
1. Pain
2. Urinary problems
3. Hearing loss
4. Osteoporosis

These conditions are not a consequence of ageing and can be treated.

Talk to your GP if you have any concerns about your physical or mental health.

Improving your Physical and Mental Health

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