WOULD YOU LIKE MORE INFORMATION ABOUT VITAMIN D?

PLEASE SEE THE FOLLOWING WEBSITE FOR ACCESS TO EDUCATIONAL RESOURCES AND LINKS TO FURTHER INFORMATION:

sydney.edu.au/medicine/cdpc/resources

LOCAL CONTACT FOR MORE INFORMATION:

This information aims to provide education on the importance of vitamin D supplements to help prevent falls and injury from falls for residents in Australian aged care homes.

VITAMIN D SUPPLEMENTS: WHERE DO YOU STAND (OR FALL)?

AS WE GET OLDER, WE ARE MORE LIKELY TO FALL AND SERIOUSLY HURT OURSELVES.

VITAMIN D SUPPLEMENTS CAN HELP STRENGTHEN YOUR BONES AND MUSCLES AND REDUCE YOUR RISK OF FALLING.
### Are You at Risk of Vitamin D Deficiency?

<table>
<thead>
<tr>
<th>Question</th>
<th>Answer</th>
</tr>
</thead>
<tbody>
<tr>
<td>Do you spend most of your time indoors?</td>
<td>☐</td>
</tr>
<tr>
<td>Do you spend little time outside in the sun?</td>
<td>☐</td>
</tr>
<tr>
<td>Do you usually cover your skin when you are outside (e.g. with long sleeves)?</td>
<td>☐</td>
</tr>
<tr>
<td>Do you have naturally darker skin?</td>
<td>☐</td>
</tr>
<tr>
<td>Do you live in an aged care home?</td>
<td>☐</td>
</tr>
</tbody>
</table>

**IF YOU SAID YES TO ANY OF THESE QUESTIONS, IT IS LIKELY YOU ARE AT RISK OF NOT GETTING ENOUGH VITAMIN D.**

*Take this with you to your next GP visit to discuss whether you would benefit from taking vitamin D supplements.*

---

### Vitamin D Questions

**What Does Vitamin D Do in the Body?**

Vitamin D helps our bodies absorb important nutrients and calcium for good bone health, muscle function and our immune system. Vitamin D reduces the risk of falls and injuries from falls.

**Where Does Vitamin D Come From?**

One source of vitamin D is the sunlight. It is recommended that we safely expose our face and arms to the sun on most days. Vitamin D is also in some foods but only in very small amounts. Vitamin D supplements help make sure people have a healthy level of vitamin D if they are at risk of not getting enough.

---

**How Do I Know If I Am Getting Enough Vitamin D?**

Vitamin D levels can be measured by a blood test. If you are at risk of not getting enough vitamin D you may not need a blood test before starting to take vitamin D supplements.

---

*For more information on vitamin D see: sydney.edu.au/medicine/cdpc/resources*