



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.



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:

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?

Do you spend most of your time indoors?

☐

Do you spend little time outside in the sun?

☐

Do you usually cover your skin when you are outside (e.g. with long sleeves)?

☐

Do you have naturally darker skin?

☐

Do you live in an aged care home?

☐

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.

VITAMIN D QUESTIONS

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.