

Ageing with a bleeding disorder: Managing trips, falls and mobility



**The
Haemophilia
Society**

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Introduction

As we age, our bodies go through changes, and people with a bleeding disorder may need to be mindful of falls, trips, and maintaining mobility.

This booklet is designed to give you the knowledge and strategies to help you stay active and independent while reducing the risk of injury. It gives practical tips for preventing trips and falls and exercises to enhance strength and balance.

You are not alone in this journey. The Haemophilia Society provides support and information to help you understand your challenges. Together, we can ensure that you continue to live a fulfilling and active life on your own terms.

What is ageing?

Ageing is a natural process, but with proper management and support, you can continue to live an active and fulfilling life. One of these changes is decreased resilience, which can make us more susceptible to injuries. This is often referred to as fragility.

For people with bleeding disorders, fragility can be a particular concern. A minor bump or fall that wouldn't cause much harm to someone younger could lead to a bleed for you. This means you may be more susceptible to injuries, like broken bones or cuts, even from minor bumps or falls.

Physical changes with a bleeding disorder

- **Muscle loss:** Many people experience a decline in muscle mass after 40. This can worsen joint bleeds and make daily activities more challenging for those with a bleeding disorder.
- **Bone density:** Bone density loss is more common with age, increasing the risk of broken bones, especially after a bleed.
- **Joint stiffness:** Stiffness and reduced flexibility can occur naturally and might be worsened by bleeding disorder related joint damage.
- **Slower reflexes:** Reaction times naturally slow down with age. This can make it harder to catch yourself if you start to lose your balance.

Impact on individuals

- **Increased risk of injury:** Decreased muscle strength and bone density can make falls and injuries more likely.
- **Reduced mobility:** Joint pain and stiffness can limit movement and affect daily activities.
- **Fatigue:** Changes in metabolism and muscle mass can increase fatigue (extreme tiredness). This can make managing a bleeding disorder, including exercising and physiotherapy, more challenging.

Taking charge of your health

Here are some ways to stay active and healthy as you age with a bleeding disorder:

- **Regular exercise:** Strength and flexibility exercises tailored to your bleeding disorder can help maintain muscle mass and joint health. Discuss a safe exercise programme with your haemophilia centre.
- **Maintain a healthy weight:** Excess weight puts additional stress on joints. A balanced diet and regular exercise can help with weight management.
- **Bone health:** Talk to your haemophilia centre doctor about bone density scans and medicines to maintain strong bones.
- **Smoking and alcohol:** To maintain good health and prevent excessive bleeding, it's important to stop smoking and limit alcohol intake to less than 14 units a week. There's strong evidence that making these choices can delay the development of frailty.
- **Pain management:** Discuss pain management strategies with your haemophilia centre. This may include physiotherapy, medication, or alternative therapies.
- **Mental wellbeing:** Ageing can come with emotional challenges. Staying mentally active and involved in your community can boost mood and memory, as loneliness can accelerate ageing. Don't hesitate to seek support from a therapist or counsellor if needed.

Fragility, trips and falls

As we age, our bodies naturally change. Osteopenia and osteoporosis affect bone density but with different severities. Osteopenia and osteoporosis are painless – only breaks and damage result from these conditions. So, if possible, they need to be addressed before any breaks occur. Bone density can be measured with a specific scan called a DEXA scan.

Osteopenia:

- Weaker bones compared to healthy bone density, but not as weak as osteoporosis.
- Increased risk of breaks, but not as high as osteoporosis.
- Can be a warning sign that osteoporosis might develop.

Osteoporosis:

- Significantly weaker bones with a much higher risk of breaks, even from minor falls.
- Bleeding disorders can increase the risk of osteoporosis.
- Broken bones can be more serious for people with bleeding disorders due to potential bleeding complications.

Remember:

- Treatment is available for osteopenia and osteoporosis.
- You can maintain healthy bones and reduce your risk of fractures with proper treatment.

Talk to your doctor or your physiotherapist at your haemophilia centre to discuss the best course of action for your specific situation.

For individuals with bleeding disorders, falls can be particularly concerning. Here's the reason why:

Reduced bone density: Bleeding disorders, particularly if severe, can increase the risk of reduced bone density. This is because

of reduced joint mobility (due to haemophilic arthritis) and the potential lack of weight-bearing exercise.

Bleeding tendencies: A fall can cause internal bleeding, even with no visible bruise. This can be serious, especially for those with severe bleeding disorders.

Together, weakened bones and bleeding tendencies can lead to more serious consequences from falls, such as:

- Severe fractures: Weakened bones are more likely to break from a fall, and these fractures may be more complex and take longer to heal.
- Internal bleeding: Even a minor bump or fall can cause internal bleeding in someone with a bleeding disorder. This type of bleeding can be difficult to detect and may need hospital treatment.
- Reduced mobility: The pain and recovery time from a broken bone or internal bleeding can make it difficult to move around, leading to a loss of independence.

It's important to remember that falls are preventable. You can reduce your risk of falling and its potential complications by improving your balance and strength and making your home environment safer.

Common causes of trips and falls

Staying active is important for everyone, especially those with bleeding disorders. But trips and falls can be a concern. Being aware of potential hazards and taking some simple precautions can help reduce your risk of injury.

Here are some common causes of trips and falls to watch out for:

- **Vision problems:** As you age, your eyesight can deteriorate. This can make it difficult to see uneven surfaces, obstacles on the floor, or changes in light levels.
- **Medicine side effects:** Some medicines, including those for pain relief or blood pressure control, can cause dizziness or light-headedness, increasing your risk of falling.
- **Loose rugs or mats:** These can easily slide and cause you to lose your footing. Also, make sure that floors are clear of trailing wires and wrinkled or fraying rugs and carpets.
- **Uneven surfaces:** Uneven pavements, curbs, or steps can all be tripping hazards. Be extra cautious when walking on unfamiliar ground.
- **Poor lighting:** Dim lighting can make it difficult to see potential hazards. If you wake up during the night, consider installing a night light near the bed to ensure you can see where you're going. You could also install a motion-activated light that comes on as needed.
- **Pets:** If you have a pet, consider getting them a collar with a bell attached to it. Pets can get under your feet, so it's important to know where they are when they're moving around.

If you think you need changes to your home, get in touch with the adult social services department of your local council. They can provide more details about your options and do a free care needs assessment.

Additional tips for preventing falls

- **Get regular eye checks:** This will help ensure you have the correct glasses or contact lens prescription.
- **Talk to your doctor about any side effects** you experience from your medicine. They may be able to adjust your dose or prescribe a different medicine.
- **Secure loose rugs and mats:** Use double-sided tape or rug grippers to keep them firmly in place.
- **Improve your home lighting:** Install brighter light bulbs in hallways, stairwells, and other frequently used areas. Consider nightlights for areas you might visit at night.
- **Wear sturdy shoes with good grip:** Avoid shoes with worn-out soles or high heels.
- **Appropriate mobility aids:** If you need extra support for balance, consider aids like a walking stick, crutches, or Zimmer frame.
- **Take your time:** Don't rush when walking, especially on stairs or uneven surfaces.
- **Hold onto railings** when using stairs.
- **Be aware of your surroundings:** Pay attention to where you are walking and avoid distractions like talking on the phone or texting.

If you are concerned about your risk of falling, speak to your haemophilia centre. They can suggest additional measures to prevent falls.

Maintaining balance: staying steady on your feet

Balance is a safety net for your body, allowing you to confidently and independently perform daily activities such as walking, climbing stairs, and getting dressed. As you age, your balance may naturally decline.

Here's how good balance benefits people who are ageing:

- **Reduces falls:** Good balance helps you recover from stumbles or sudden changes in terrain, preventing falls that can lead to injuries like broken bones. This is especially important for those with bleeding disorders where even minor injuries can cause complications.
- **Improves mobility:** Good balance allows you to move around more easily and confidently, helping you stay active and independent for longer.

Simple exercises to improve balance at home

Please talk to your physiotherapist, but here are some easy exercises and ideas you can do at home to improve your balance:

- **Heel-toe walking:** Walk slowly, placing the heel of one foot directly in front of the toes of the other foot. Take small steps and focus on maintaining good posture.
- **Single leg stands:** Hold onto a sturdy chair or wall for support. Lift one leg off the ground and hold for a few seconds. Repeat on the other side. Gradually try to hold the pose for longer or with your eyes closed (once comfortable and with a nearby support for safety).
- **Stand up regularly:** If you sit down a lot during the day, try getting up once an hour and stretching. If that's not possible, move your arms and legs for a few minutes while sitting down.
- **Try some gentle stretching:** It's a good idea to do some gentle

stretching every day to help you stay mobile. You can stretch in bed or from a chair if that's easier for you.

Remember, some days will be better than others. On certain days, your body might be telling you that you need to do less or nothing at all – and that's perfectly fine. The main thing is to be more active overall than you were before. Engaging in regular activity in a way that suits you really makes a difference.

Finding the right support: mobility aids

If you find yourself needing extra support with balance, a variety of mobility aids are available:

- **Walking sticks** provide stability and can help you maintain balance while walking. Choose a cane that fits your height and has a good grip.
- **Walkers** offer more support than walking sticks and can be helpful for people with significant balance problems. Different types of walkers are available, so talk to your doctor or physiotherapist about which is right for you.
- **Mobility scooters** can be a good option for people with difficulty walking, even if they use a walking stick or walker. But the downside of using scooters is that they can reduce overall physical activity in the long term, which can worsen mobility even though they promote independence in the short term. Whenever possible, walking is always the best option.

When choosing mobility aids, it's important to consider your specific needs if you have a bleeding disorder. For instance, a walker with a wider base might provide more stability and reduce the risk of falls. Talk to your physiotherapist about the best options for you.

Remember, even small improvements in balance can make a big difference in your independence and overall wellbeing.

Bone Health healthy: keeping your bones strong as you age

As we age, our bones naturally lose density. This increases the risk of osteoporosis, which weakens bones and makes them more susceptible to breaking.

A healthy diet and exercise are vital for bone health at any age. Here are some key dietary tips:

- **Calcium:** Aim for plenty of calcium-rich foods like dairy products (milk, cheese, yoghurt), leafy green vegetables (broccoli, kale), and fortified foods (cereals, plant-based milk).
- **Vitamin D:** Vitamin D helps your body absorb calcium. Include oily fish (salmon, tuna) and eggs, and consider a vitamin D supplement, especially if you don't get much sunlight.
- **Weight-bearing exercises:** These are activities where your bones support your body weight. These exercises stimulate bone cells and help maintain bone density. Here are some excellent options, keeping your bleeding disorder in mind:
 1. **Walking:** A simple and effective way to strengthen bones with minimal impact.
 2. **Low-impact aerobics:** Water aerobics or stationary cycling provide a good workout without stressing your joints.
 3. **Strength training:** Building muscle strength can improve balance and reduce falls, a major risk factor for fractures and broken bones. Discuss safe weightlifting options with your doctor or physiotherapist.

Smoking and drinking too much alcohol are recognised risk factors for osteoporosis. They can interfere with bone formation and density, making you more prone to breaks.

Remember:

- Talk to your haemophilia centre about your needs and the best exercises.
- Start slowly and gradually increase how much you do and how long you do it for to avoid injury.
- Maintaining strong bone health is a lifelong journey. It's important to keep your bones strong and stay active as you age.

Pain management

Living with a bleeding disorder can often mean experiencing joint bleeds throughout your life. These bleeds can damage the joints, leading to chronic pain, stiffness, and reduced mobility. Chronic pain can significantly impact your quality of life, making it difficult to participate in activities you enjoy.

Non-medicinal pain management techniques

Non-medicinal techniques can help manage pain associated with a bleeding disorder. These techniques can be used alone or alongside pain medication for a more holistic approach. Here are some options to consider:

- **Relaxation techniques:** Techniques like deep breathing, meditation, and mindfulness can help reduce stress and tension, which can worsen pain.
- **Heat/cold therapy:** Applying heat with a hot water bottle or cold therapy with a wrapped ice pack can help relieve pain and inflammation in specific areas.
- **Massage:** Gentle massage can improve blood flow, reduce muscle tension, and promote relaxation. These can all relieve pain. Speak with your doctor before receiving a massage to ensure it's safe for you.
- **Physiotherapy:** A physiotherapist can design a personalised exercise programme to improve joint strength, flexibility, and range of motion. This can help reduce pain and improve your overall mobility.

Pain medication

Pain medication can be a valuable tool in managing chronic pain. However, for people with bleeding disorders, it's crucial to choose the right medications to minimise bleeding risks. Common types of pain medication include:

Paracetamol: This is a good first option for pain relief for most people with bleeding disorders.

Non-steroidal anti-inflammatory drugs (NSAIDs): These medications can be effective for pain and inflammation but can also increase bleeding risk. Using them cautiously and only under your doctor's supervision is essential. For people with moderate/severe bleeding disorders, COX-2 inhibitors such as celecoxib are likely to be recommended rather than NSAIDs as they are associated with reduced risk of bleeding. Stronger pain medications like opioids may be prescribed in some cases, but their use should be carefully monitored due to their increased bleeding risk. Talk to your haemophilia centre team about what pain medication you can take.

Working with your doctor

The key to managing pain effectively is to work closely with your doctor. They can help you create a safe and effective pain management plan that considers your individual needs and the specific type of bleeding disorder you have. This plan may include a combination of non-medicinal techniques and medication options that are safe for you.

Remember:

- Don't hesitate to discuss your pain concerns with your doctor. The more information they have, the better they can help you find relief.
- Be open to trying different pain management techniques. What works for one person may not work for another, so finding the right approach might take some time and experimentation.

- There is no single solution for chronic pain. A combination of strategies is often the most effective.
- By actively managing your pain, you can continue to live a full and active life.

Keeping your joints and muscles healthy

As we age, everyone experiences some changes in their joints and muscles. However, for people with bleeding disorders, these changes can be more pronounced. Repeated bleeding into a joint, even if it's a small amount, can damage the delicate tissues inside. Over time, this damage can lead to:

- **Arthritis:** This is inflammation and stiffness in the joint, which can cause pain and limit movement.
- **Reduced range of motion:** Scarring from repeated bleeds can limit how much you can bend or straighten your joints.
- **Muscle weakness:** When a joint bleeds, surrounding muscles often weaken due to pain and disuse. This can make it harder to move around and maintain good balance.

Exercises for maintaining joint and muscle health

Exercise is one of the best ways to keep your joints and muscles healthy, even if you have a bleeding disorder. Here are some low-impact exercises that are particularly beneficial:

- **Low-impact exercise:** Activities like swimming, yoga, or Pilates are excellent choices. They help maintain muscle strength and flexibility without putting excessive strain on your joints.
- **Strength training:** Building strong muscles helps support your joints and improve your balance. Consider light weights, resistance bands, or bodyweight exercises.
- **Maintaining a healthy weight:** Excess weight puts extra stress on your joints. Talk to your doctor about healthy weight

management strategies.

Importance of proper warm-up and cool-down

Taking a few minutes to warm up before exercise and cool down afterwards is essential for everyone, but it is especially important for people with bleeding disorders. A good warm-up helps to prepare your muscles for activity and increase blood flow to your joints. A cool-down allows your body to return to its resting state gradually and helps to prevent muscle soreness.

Here are some tips for a safe and effective warm-up:

- **Light cardio:** Start with 5-10 minutes of gentle activity like walking or light jogging on the spot.
- **Dynamic stretches:** These stretches involve gentle movements that take your joints through their available range of motion.

Here are some tips for a good cool-down:

- **Static stretches:** Hold these stretches for 15-30 seconds each, focusing on the major muscle groups you used during your workout.
- **Slow breathing:** Take slow, deep breaths to help your heart rate and breathing return to normal.

By incorporating regular exercise, and proper warm-up and cool-down routines into your daily life, you can help maintain joint and muscle health and stay active for longer. Remember, discussing any new exercise programme with your haemophilia centre physiotherapist is always best to ensure it's safe and appropriate for you.

Dexterity problems

As we age, most people experience changes in hand and finger function. For people with bleeding disorders, these changes can be more significant due to damage from repeated bleeds. Dexterity simply means how well you can use your hands and fingers. It involves things like:

- **Strength:** Gripping objects, turning knobs, and opening jars.
- **Coordination:** Picking up small things, buttoning clothes, and tying shoelaces.
- **Flexibility:** Bending your fingers and wrists to reach different positions.
- **Sensation:** Feeling how much pressure you're applying and the texture of objects.

Everyone experiences some decline in dexterity as they age. This can be due to joint stiffness, reduced strength, or vision changes. However, maintaining good dexterity becomes even more important because of:

- **Joint pain and stiffness:** Bleeding in the joints, especially common in haemophilia, can damage the cartilage and lead to pain, swelling, and stiffness. Elbow arthritis from previous bleeding can make it difficult to bend/straighten your elbow and rotate your forearm. This, together with the normal ageing process in the hands and wrists, can make it more difficult to grip objects, bend your fingers, and perform tasks requiring precise movements.
- **Muscle weakness:** Repeated bleeds can weaken the muscles around the hands and fingers, reducing dexterity and strength.

These factors combined can make everyday tasks like grasping objects, buttoning clothes, writing, or opening jars challenging.

A range of aids and equipment is available to help manage daily activities and improve independence. Here are some examples:

- **Gripping aids:** These tools can help you improve your grip on objects, making tasks like opening jars, turning doorknobs, or holding cutlery easier.
- **Jar openers:** Specially designed jar openers use leverage to help you twist open jars without straining your hands or risking a bleed.
- **Sock aids:** These long-handled tools help you put on and take off socks without having to bend down or strain your back.
- **Utensils with built-up handles:** These provide a thicker, easier-to-grip handle, making eating more comfortable.

How occupational therapists can help

An occupational therapist (OT) is a healthcare professional who can help people learn techniques to manage daily tasks despite physical limitations. They can assess your specific needs and recommend the following:

- **Exercises:** OTs can teach you exercises to improve your hand and finger strength, flexibility, and range of motion.
- **Adaptive techniques:** They can show you different ways to do everyday tasks that are easier on your hands and fingers.
- **Splinting:** In some cases, splinting can help support and protect your joints, reduce pain, and improve function.

Working with an OT can help you to develop strategies to maintain independence and continue doing what you enjoy.

Remember:

- Talk to your doctor about any concerns you have regarding your hand and finger function.
- There is a wide range of adaptive equipment available to help you with daily tasks.
- An occupational therapist can help you develop strategies to manage your dexterity limitations.
- With a little planning and support, you can continue to live an active and fulfilling life despite the challenges of ageing and a bleeding disorder.

Tips for maintaining dexterity

- **Keep moving:** Regular exercise, including gentle hand and wrist stretches, can improve flexibility and reduce stiffness. Consider activities like yoga, Tai Chi, or walking with hand weights.
- **Strengthen your grip:** Squeezing stress balls, using hand strengtheners, or playing with putty can improve hand strength,

making everyday tasks easier.

- **Focus on fine motor skills:** Activities like playing with clay, knitting, or playing a musical instrument can help maintain dexterity and coordination in your hands and fingers.
- **Warm up before tasks:** Stiffness can be worse in the morning. Taking a few minutes to gently stretch and warm your hands before doing tasks requiring dexterity can help.
- **Aids and equipment:** Many tools, such as jar openers, button hooks, and dressing sticks, are available to make daily tasks easier. Don't hesitate to explore these options and find what works best for you.



Preventing falls

Living with a bleeding disorder and getting older can bring new challenges. One of the most important things to consider is preventing falls. Falls can happen to anyone, but for someone with a bleeding disorder, they can lead to serious complications. The following will provide tips on making your home environment safer and reducing your risk of falling.

Home environment

Identify and address fall hazards: Take a walk around your home and look for things that could increase your risk of tripping or slipping.

Grab bars: Install grab bars in your bathroom next to the toilet and in the shower/bath area. These can provide extra support when getting in and out of the bath or shower.

Non-slip mats: Use non-slip mats in your bathroom and kitchen. These will help stop you slipping on wet surfaces. Consider using raised toilet seats, riser-recliners for easier standing, and walk-in showers to improve bathroom safety and accessibility.

Footwear: Wear well-fitting, supportive shoes with good traction to support your balance and reduce the risk of tripping or falling. Avoid shoes with worn-out soles or loose-fitting slippers. If you have any foot problems, such as pain or decreased sensation, it's important to report them to your haemophilia centre.

Choose appropriate footwear, such as high-sided shoes with low heels, thin soles, and good grip. Avoid wearing high heels, walking barefoot, or wearing only socks or tights to prevent slips around the house. Additionally, keep your toenails short to maintain foot health.

Exercise

Staying active: Regular exercise is important for everyone, but especially for those with bleeding disorders. It can improve balance, strength, and flexibility, all of which can reduce your fall risk.

Safe exercises: There are many safe and effective exercises that are suitable for older adults. Some examples include:

- Walking
- Yoga (modified versions)
- Strength training with light weights or resistance bands

Talk to your haemophilia team: Before starting a new exercise routine, it's important to talk to your doctor or physiotherapist. They can help you create a safe and effective exercise plan.

Looking after yourself

Vision

Regular eye check-ups are crucial for everyone, especially older adults. Maintaining good vision can help prevent falls. Making even small changes to your home environment can help create a safer space and reduce the risk of falling.

Check for hearing problems

The risk of hearing loss increases as we age, but people often wait several years after noticing their hearing is getting worse before raising it with their doctor. Hearing is essential to maintaining balance, so it's important to look after your ears and check for hearing problems.

Talk to your GP when you notice your hearing isn't what it used to be. The problem may be something easily treated, such as a build-up of ear wax or an ear infection, or you may need to be referred for a hearing test and prescribed an NHS digital hearing aid in one or both ears.

Keep hydrated

In addition to eating well, it's important to ensure you're drinking plenty of fluids – aim for 6 to 8 glasses a day. It doesn't just have to be water – tea, coffee, and low-sugar or sugar-free squash are also good choices. Drink a little more when it's hot to stay hydrated. If you don't drink enough, you're likely to feel light-headed or dizzy, increasing your risk of a fall.

Eat well

Remember to pay attention to your appetite and make sure you eat well. It's essential to eat something rather than skipping meals, even if it's just small snacks throughout the day. Getting enough energy to stay strong and prevent falls is crucial.



Focus on whole foods rich in vitamins and minerals, especially vitamin C for wound healing and iron for healthy blood cells. Plenty of fruits, vegetables, and whole grains will provide these nutrients, while lean protein sources like fish and beans will help keep you strong.

Managing minor cuts, scrapes and bruises

Minor cuts and scrapes

- **Apply gentle pressure:** Use clean gauze or a cloth to apply direct, firm pressure to the bleeding area for 10-15 minutes.
- **Elevate the injured area:** To reduce swelling, raise the injured limb above the level of your heart.
- **Cold compress:** Apply a cold compress wrapped in a cloth to the area for 15-20 minutes several times a day. This can help reduce swelling and pain.

Bruises

- **Rest the area:** Avoid strenuous activity that could worsen the bruise.
- **Apply ice:** Use a cold compress wrapped in a cloth for 15-20 minutes at a time, several times a day. This can help reduce swelling and pain.
- **Elevation:** If possible, elevate the bruised area to reduce swelling.

Seeking medical attention

While minor cuts and scrapes can often be managed at home, there are situations where seeking immediate medical attention is crucial:

- **Heavy bleeding:** If you cannot stop the bleeding after 20 minutes of applying pressure.
- **Deep cuts:** Injuries that expose muscle, fat, or bone need medical attention.
- **Head injuries:** Any hit to the head, even a seemingly minor bump, can be serious. Have a low threshold for speaking to your haemophilia centre about needing a medical review. Watch

for symptoms like dizziness, confusion, or sickness, and seek immediate medical attention if they occur.

- **Severe pain or swelling:** If the pain or swelling is significant or doesn't improve with home care, seek medical attention.
- **Possible fractures:** If you suspect a broken bone due to pain, bruising, or limb deformity, go to the nearest Accident and Emergency Department (A&E).

Emotional wellbeing and support

One of the concerns as we age is the fear of falling. This fear is particularly significant as falls can result in serious injuries and bleeding episodes. The anxiety itself can have a negative impact on mental health, resulting in anxiety, depression, and social isolation.

Managing anxiety and staying positive

Here are some tips to help you manage anxiety related to falls and maintain a positive outlook:

- **Strength and balance exercises:** Talk to your healthcare team about exercises designed to improve strength and balance. Stronger muscles and better balance can significantly reduce your fall risk.
- **Mobility aids:** Consider using walking aids, such as a walking stick or frame, to provide additional support and stability.
- **Mindfulness techniques:** Techniques like deep breathing exercises and meditation can help manage anxiety and promote relaxation.
- **Home safety assessment:** Have your home assessed by an occupational therapist to identify and address potential fall hazards. This could include installing grab bars, improving lighting, and removing loose rugs.
- **Focus on what you can control:** While you can't eliminate the risk of falls, you can focus on taking steps to ease it. This sense

of control can be empowering and reduce anxiety.

- **Maintain social connections:** Social interaction is vital for emotional well-being. Stay connected with friends and family or join support groups for people with bleeding disorders.
- Open communication is key: Talking openly with your healthcare team is crucial. Discuss your concerns about falls and bleeding risks. They can advise you on the best course of action, including treatment options and preventative measures.

Remember:

You are not alone. By taking proactive steps to manage your bleeding disorder and prioritising your mental health, you can continue to live a fulfilling and active life as you age.



About the Haemophilia Society (THS)

We are the only UK-wide charity and free membership organisation for everyone affected by a genetic bleeding disorder.

We aim to empower people affected by a bleeding disorder to live life to the fullest; offering support, including events and local groups, the latest news and in-depth information resources, and campaigning and advocacy to demand the best possible care, safe and effective treatment, and equitable access for everyone affected by a bleeding disorder.

There are over 5,500 members of the Haemophilia Society, including people and families living with bleeding disorders, as well as healthcare professionals.

The charity's supporters help fundraise the costs that are vitally needed to be able to offer membership – and services such as events and printed publications – entirely free to all members.

What we do:

Support each other

We understand each other. We offer advice and support from personal experience. Our growing community is there for each other because we're in it together.

Raise awareness

We rally together because every little thing we do makes a difference and gives hope to people living with a bleeding disorder.

Make a lasting difference

We influence and advocate on what matters to our community, health and social care policy, access to treatment and much more. To find out more, or to become a member for free, visit our website at haemophilia.org.uk or call us on 020 7939 0780.



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This booklet is intended for a UK audience and has been developed in consultation with healthcare professionals. It is meant to supplement medical advice, not to replace it. Please seek medical advice first from the haemophilia centre.

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Their expertise and dedication have been instrumental in ensuring we provide current, unbiased and accurate information.

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