



Daily living after fractures

If you've had a fracture (broken bone), certain things in your daily life may have become harder. This fact sheet explains some of the problems people can have, as well as ways to help manage them. Fractures affect some people's day-to-day lives more than others, and each person's experience will be different. This fact sheet aims to support a wide range of people. This means that while you may have some of the problems we describe, others may never be an issue for you. The contents list below should help you to find the sections that are relevant for you.

Who is this fact sheet for?

This information may be helpful if you (or someone close to you):

- have broken bones that are affecting your ability to carry out day-to-day tasks and activities
- are living with the long-term effects of previous broken bones
- are looking for ways to make day-to-day tasks easier, to feel more comfortable, or to avoid another injury.

It includes the following information:

- How might fractures affect me?
- Washing, personal care and dressing
- Cooking
- Eating
- Going to the toilet
- Housework and jobs around the home
- Breathing
- Resting and sitting
- Sleeping
- Caring for pets
- Equipment and aids for independent living
- Getting more information and support

How might fractures affect me?

Broken bones affect people's lives in different ways. Most bones heal in the first six to eight weeks after breaking. But it might take longer to recover after a hip or spinal fracture.

After a broken hip

It's common to need an operation to repair the break. Many people recover well after a broken hip, but others may have longer-lasting problems. These can include:

- not being as active and mobile as you were
- needing to use a walking aid, such as a stick
- loss of independence.

How well you recover from a broken hip will often depend on how active you were before your injury.

After spinal fractures

Spinal fractures can cause height loss and a curved back (kyphosis), meaning that your posture may become more 'forward-leaning'. This can:

- make it harder to stand and move about
- leave less room inside your abdomen, causing your tummy to bulge outwards
- change your appetite, eating and toilet habits
- make you feel breathless.

After any broken bone

It's common to feel anxious and less confident after breaking a bone. But try not to let this affect your recovery. It's important to know that, with support and time, many people can return to doing the things they want – or need – to do.

For some people, it can take as long as 12 months to recover from a broken bone. Try not to feel frustrated or disappointed if things don't improve as quickly as you would like. Instead, focus on doing positive things to help your recovery, such as specific exercises. Find out more on our website at theros.org.uk/exercise or ask your doctor about seeing a physiotherapist.

A referral to a physiotherapist or falls assessment team could also be helpful if your fracture has affected your balance and left you feeling unsteady.

Looking after yourself and your home involves movements and activities that might now be more of a struggle. Bending down, lifting heavy items and standing for long periods may be harder than before. The suggestions in this fact sheet can help you to adapt and cope with some of the changes – hopefully making daily life a little easier and safer.

Washing, personal care and dressing

How can I bathe or shower safely?

If possible, try to bathe or shower when someone else is in the house. This can be reassuring, even if you never need their help. Over time, you may become more confident and feel you no longer need this.

There are various bathroom aids available. You may not really want to have aids around your home. But the right aids, chosen to meet your own needs, could give you confidence and help you to stay independent.

Non-slip bath or shower mats

Rubber-backed mats, both inside your bath or shower, and on the floor where you get out, can reduce your chance of slipping on wet surfaces.

Handrails

Handrails can help you feel more balanced and secure, and can help to prevent slips and falls. Many handrails are permanently fixed to the wall, while others have suction cups that stick to tiles or glass. Some of these have a safety feature that shows when they are firmly attached and safe to use.

Tap grips

These help you to turn taps on and off more easily. They can be particularly helpful if you have a hand, arm or spinal fracture.

Bath boards

These fit across the width of the bath. You sit on the board and swivel around, lifting your legs over the edge of the bath. You can then lower yourself into the water.

Bath and shower chairs

These come in different heights and let you sit while taking a shower or bath. Check the size and type of bath that you have, to make sure the aid will fit and that your bath is strong enough to take it (especially if it's a plastic bath).

Specially adapted baths

There is a range of specialist bathing equipment available. Options include walk-in baths, or hoists to help lift you in and out of the bath. An occupational therapist could advise you on equipment to meet your needs, and on how to get it.

How do I wash areas I can't reach?

A long-handled sponge or brush can help you reach areas such as your back and feet, without needing to twist or bend. These come in different shapes and sizes and cost from just a few pounds.

What about my hair and nails?

If you're struggling to look after your hair, you could try a long-handled hairbrush or comb. There are kits available to hold your hairdryer in place, so that both hands are free to style your hair more easily.

Other aids that might be useful include long-handled nail clippers and easy-grip tweezers.

If you find it too difficult to cut your toenails safely, you may want to visit a podiatrist (a person who cares for people's feet).

Don't forget your skin

It's important to take good care of your skin, including washing and fully drying areas that are hard to reach. Take particular care of any sore skin – for example if changes in the shape of your back have created skin folds or areas that rub.

If your spine is very curved and your head leans forward, you may sometimes dribble from your mouth and have damp areas on your skin. A moisturiser or barrier cream could help to stop your skin from becoming sore. Your doctor or pharmacist can tell you more about these.

Are there any aids to help me dress and undress?

A dressing stick can be helpful if you have difficulty reaching items of clothing, or pulling them up or down. This is usually a wooden or plastic stick with a hook on one end.

There are aids designed to help pull up socks, tights, underwear or zips, or even to help put on a bra. Many of these only cost a few pounds.

You can also get clothes that are specially designed to be easier to get on and off. For example, items may have a wider opening or simpler fastenings than standard clothes. For more information, read our fact sheet, '**Clothing, body image and osteoporosis**'.

Cooking

I have difficulty standing to cook. What can I do?

It may help to sit down for certain tasks, such as chopping vegetables. This may cause less tiredness or pain in your back. You'll then be more able to manage those tasks that can only be done standing up.

You may want to try a perching stool. This is a tall stool that you use in a semi-standing position. It takes some weight off your feet and strain off your back, so it may be more comfortable than standing up.

How can I avoid heavy cooking pans and equipment?

When boiling food, you could try using a wire basket inside the saucepan. This lets you simply lift the food out of the water when it's cooked, so that you don't have to lift the saucepan, water and food at once. You can then pour the water away after it has cooled, or scoop it out if the pan is still too heavy.

If lifting a full kettle is difficult, a 'tipping kettle' or tipping frame for your existing kettle will let you pour from the kettle without having to lift it up.

Kitchen or household trolleys can make it easier to move hot or heavy items around. Remember to think about your flooring – for example, some trolleys won't move well on thick carpet.

Eating

I often feel bloated and full when I eat. Why is this and what can help?

This can happen if height loss or a curved spine leaves you with less room in your abdomen for your stomach to expand as you eat.

The following tips may help you stay more comfortable, maintain your appetite, and eat a healthy amount of food. This is important because recovering from a fracture uses extra energy.

- Try to sit comfortably and in an upright position when eating.
- It may help to eat a little every couple of hours, rather than one or two big meals a day.
- Snacks such as nuts, dried fruit, yoghurt or pieces of cheese are energy-rich and can be a good source of bone-friendly nutrients.
- Avoid drinking a lot just before or during meals. But be sure to drink enough at other times, to stay hydrated.
- Consider cooking a large pot of soup and freezing small portions. Soup can be nutritious and is easy to prepare when you don't feel up to cooking.
- Try sweet or savoury nourishing drinks such as Complian® or Build-Up® if you can't face eating. Your local pharmacist may also be able to advise you on calorie-boosting products. If you're using these products a lot, talk to your GP. They may refer you to a dietitian for assessment and support.
- If you often hiccup, speak to your GP about how this might be treated.
- Trapped wind can lead to bloating and discomfort. Avoid fizzy drinks with meals – try sipping iced water instead. Some people find peppermint sweets or mint tea helpful. Exercise, such as walking, can also help to move gas through the gut. If the problem doesn't improve, speak to your pharmacist or GP.
- Aim to have regular bowel movements and avoid constipation, which can make a poor appetite worse (see page 4).

I sometimes find it hard to swallow, or food gets stuck on the way down. Is this normal?

This can sometimes happen if your spine is very curved. But there can be other causes too, so it's worth getting this checked by your GP.

It can help to eat moist, soft (well-cooked) foods with sauces or gravy, such as casseroles and stews. Chop food into small pieces to make it easier to chew and swallow. Have a drink ready to help it down.

Ask your GP for a referral to a dietitian if you are struggling to eat a varied diet, or are losing weight.

If you're taking tablets for osteoporosis and find them hard to swallow, speak to your doctor. They may suggest a liquid medicine or injections instead.

Going to the toilet

I sometimes need to pass urine urgently and have to rush to the toilet. What can help?

If changes to your body shape mean there's now less room for your bladder to fill with urine, you may feel the need to pass urine more often and urgently. Tell your GP if this is happening. They may investigate the problem, refer you to a continence advisor, or suggest exercises to strengthen your pelvic floor muscles.

Try to avoid getting dehydrated. Aim to drink around 6 to 8 glasses of fluid, in total, each day – or more in hot weather. Remember that caffeine (such as in tea, coffee and cola) can increase the need to pass urine.

Dark-coloured urine may show you are not drinking enough. The less you drink, the more concentrated your urine will be. This could irritate the bladder and make you feel the need to pass urine more often.

If you wear absorbent pads, try to keep the skin clean and dry. You could use a barrier cream, to stop urine from irritating your skin. Speak to your GP if the skin becomes red and inflamed, as this could be a sign of infection.

The charity Bladder and Bowel UK provides a 'Just Can't Wait' card that lets shop workers or people queuing for a public toilet know that you have a medical condition and need to use the toilet quickly. Visit bbuk.org.uk to find out more about the card and other ways to manage bladder problems.

You could also buy a Radar key, which unlocks National Key Scheme (NKS) toilets across the UK. Visit disabilityrightsuk.org to find out more.

I have problems getting on and off my toilet. What can I do about this?

There are various products available to make this easier and help you stay independent. A height-adjustable toilet seat (with or without handrails), or a frame that sits over the toilet, may be helpful. Grab rails that are fixed to the wall are safer and more secure than using a walking frame to pull yourself up.

I'm regularly constipated. How can I prevent this?

Constipation can be a problem if you have broken bones – especially if you take calcium supplements or painkillers. The following suggestions may help.

- Eat more fibre-rich foods, such as fruit, vegetables, wholegrain bread and breakfast cereals.
- Aim to drink several glasses of water-based drinks per day. This will help keep your bowel movements soft and easier to pass. This is even more important when you eat fibre-rich foods.
- Some foods, such as figs, prunes, some fruit juices, liquorice and spicy foods, can help keep your bowel movements regular.
- If you're able, physical activity can help to get your bowels moving. Even a short walk can help.
- Whenever possible, go to the toilet as soon as you feel the urge.
- Some people find it easier to empty their bowels if they use a footstool to raise the knees slightly higher than the hips while using the toilet. But remember to tuck the stool away safely afterwards.

Speak to your pharmacist or GP if your constipation doesn't improve.

Housework and jobs around the home

How can I avoid hurting my back?

- Using a lightweight vacuum cleaner, for short sessions, can reduce the strain on your back. As will using a long-handled dustpan and brush.
- When washing floors, only use a small amount of water to make your bucket lighter. You could consider using a light-weight 'spray and wipe' floor mop with washable pads instead.

- Have a 'grab' tool (also known as an extending arm) handy to help pick things up. You could also use it to take clothes out of the washing machine or reach higher items around the house.
- Consider switching to a smaller bin, so that you have smaller, lighter loads of rubbish to carry. Be extra careful taking the rubbish out in winter.
- Keep warm at home. Warm muscles work better and make muscle strains, trips and falls less likely.
- A washer-dryer could limit the need for carrying heavy, damp washing.
- A perching stool can be useful when working at the sink or ironing.

If you find yourself getting tired or sore, pace yourself and just do a little at a time, rather than trying to do everything at once. Speak to your healthcare team about types of help that might be available in your area.

I have difficulty reaching things. What might help?

Try to arrange things so that items you use most often are in easy reach. If possible, use a short stepladder with a handrail. If this isn't high enough, or you don't have one, it might be safer to wait and ask for help.

The following points might be useful if you are planning to replace or adapt your kitchen.

- A built-in oven at the correct height, instead of a free-standing one, can reduce the need for bending.
- An oven door that opens to the side will mean you don't have to lean over the door to reach inside.
- Power points at waist height can lessen the need for bending.
- Consider the most comfortable height for worktops.
- Deep drawers (instead of cupboards) or wire baskets under shelves can make it easier to see and reach items.

Breathing

I get very out of breath. What can I do about this?

When there is less room for the lungs to expand fully, even a small amount of activity can leave you feeling out of breath. There are a few ways to reduce breathlessness and increase your lung capacity.

- Sit upright and lean forward, taking the weight off your shoulders by resting your forearms on the arms of a chair, on a table, or on your lap.
- Ask a friend or relative to gently massage your shoulders – this may help you to relax.
- Keep the room cool with the air moving, using either an open window or a fan. Cooling your face with a cold flannel may also be soothing.
- Doing regular, gentle exercise can help to improve your breathing, control breathlessness and boost your confidence.
- Eat small mouthfuls of food at mealtimes and avoid very chewy foods. Try to eat a healthy diet to support your immune system and reduce the risk of chest infections.
- If your mouth tends to feel dry, moisten it with water-based drinks, chunks of fruit like pineapple or melon, ice lollies or flavoured ice cubes. Your GP or pharmacist may recommend an 'artificial saliva' spray or gel.
- Try to avoid breathing other people's cigarette smoke. If you are a smoker, ask for support to quit.
- If you've had spinal fractures, you may find coughing and sneezing painful. Our short film on ways to cough and sneeze more comfortably may help. Find it at theros.org.uk/fact-sheets#films

Breathing exercises

It may help to practise a relaxation or breathing exercise. These help to slow your breathing and give you back a sense of control. Try the following 'pursed lips' breathing exercise (adapted from patient.info).

1. Sit upright and breathe gently in and out. If possible, breathe in through your nose and out through your mouth in a steady, slow rhythm.
2. As you breathe out, pucker or 'purse' your lips (as if you're about to whistle). This gives a slight resistance when you breathe out.
3. Try to make the breath out twice as long as the breath in. It's helpful to count 'one, two' as you breathe in and 'one, two, three, four' as you breathe out. Don't hold your breath in-between.
4. Try to relax your neck and chest muscles and drop your shoulders. This will reduce the 'hunched' position that can happen when you're anxious.

5. Place a hand at the top of your tummy, just below your breastbone. This is where your diaphragm (the muscle below your lungs) is. If you give a little cough, you can feel your tummy push out. Let your hand rest there as you breathe, and feel your hand moving in and out.
6. Carry on breathing like this, rather than using just your upper chest muscles.

Tell your GP if you get breathless easily, develop a cough, or feel unwell. You may have a chest infection and need antibiotics.

You could also ask to see a physiotherapist who can help you manage your breathlessness.

Resting and sitting

Is there a recommended chair for use with spinal fractures?

There is no single answer to this. Each person is a different height, size and shape and so will find different chairs comfortable. The following points may be useful when choosing a chair.

General

Your chair should support your head, spine and thighs and should be firm but not hard.

Width and depth

The seat should be wide enough to fit you, but narrow enough for you to use the armrests. Ideally, it should be the width of your hips plus a clenched fist on each side.

You should be able to get two fingers between the back of your knees and the front of the seat. If you use cushions behind you, you'll need to allow for that too.

Height

When sitting with your bottom firmly against the back of the chair, your feet should rest solidly on the floor. Your thighs and knees should be at a 90-degree angle to your upper body. This should help to reduce stress and strain on the spine, which could make pain worse.

Many chairs can be made higher by using specially designed chair risers. Some chairs can also be made lower by shortening their legs.

An occupational therapist can usually make these adjustments. If you've recently had surgery following a hip fracture, you may have an assessment as part of your recovery.

Armrests

Armrests should not be too high, as this would push your shoulders upwards. They also shouldn't be so low that you have to lean to one side for support.

Reclining chairs

You may find relief from pain by using a reclining chair with a high back and lumbar (lower back) support. A reclining armchair may occasionally be useful to rest in at night, if you can't settle in bed. If you need to do this regularly, you may find it more comfortable to try a chair bed that reclines fully until you're lying flat.

A chair with electric controls (rather than a handle to press or pull) may be easier and smoother to use, particularly if you struggle to get in and out of chairs.

As well as reclining, a riser-recliner chair slowly rises from the sitting position to gently support you as you stand up.

A 'tilt-in-space' chair may be worth considering, particularly if you slide forward in normal recliners. Rather than reclining – where only the backrest moves – the entire chair tilts. This means the seat and backrest stay at the normal sitting angle, supporting your head and upper body. This type of chair will also tilt forwards, helping you to get on and off more easily.

If you're considering a more expensive chair, you may want to speak to an occupational therapist first. They can help to make sure you buy the right option for you. Otherwise, shops that specialise in mobility or disability usually have helpful and well-informed staff to guide you.

How can I support my back and posture when sitting?

If your spine has curved, this is likely to affect how comfortable you feel in different positions. The following tips may help.

- A portable back support such as the 'Back Friend' can help to reduce pain. You can also buy lumbar (lower back) pillows and neck supports in larger pharmacies or online. It's a good idea to speak to an occupational therapist or physiotherapist, to make sure you get the right support.

- For a cheaper option, you could try placing a rolled-up bath towel, cushion, pillow, or a small loose-filled bean bag behind your lower back.
- If you need a pressure-relieving cushion, speak to your GP, or a district or specialist nurse. You may be able to get one on the NHS.

What about chairs for deskwork?

If you work at a desk, you should be able to change the height and angle of the seat and backrest. The seat should tilt slightly forwards to encourage good posture. Speak to your manager or human resources (HR) department about getting an occupational health assessment of your workplace.

If your chair is too high for your desk, this can make you slump forwards and may increase your back pain. You may need to adjust both your chair and your desk.

Although expensive, a standing desk could let you vary your working position throughout the day.

Don't forget to take regular breaks from your desk during the day, to reduce any stiffness or soreness.

Sleeping

How can I get in and out of bed more easily?

If you find it painful getting up in the morning, it may help to take your pain-relieving medication half an hour before you get out of bed (except ibuprofen and other non-steroidal anti-inflammatory tablets, which must not be taken on an empty stomach).

However, if you take a weekly or monthly bisphosphonate tablet, you will need to take this first. You will then need to sit upright for half an hour or more (depending on which drug you take) before you can take any other medicines. This is to make sure the bisphosphonate is absorbed and can work properly.

There are many products available to help you get in and out of bed. These include:

- bed raisers, which go under the legs of the bed to make it higher
- a 'sliding sheet', which is a piece of slippery fabric that can help you move around the bed
- a grab handle (sometimes called a bed lever), which fits between the mattress and the bed base so that you have something to hold on to when moving around in bed or trying to get up

- a bed ladder, which is tied around the bed legs and has plastic ladder rungs that you can use, hand over hand, to pull yourself up into a sitting position
- a leg lifter, which is a manual or powered device that helps lift your legs up and on to the bed
- an adjustable bed, which can make getting in and out of bed easier – these can be expensive, so it's worth getting professional advice or seeing if you might be able to get one on the NHS.

I struggle to get comfortable at night. What type of mattress is comfortable with a curved spine?

As with chairs, there is no single answer to this. We are all different shapes, sizes and weights.

If your current mattress is too firm, you could use a mattress topper (or even a folded duvet under the bottom sheet) to soften it or give you extra comfort and support. However if your mattress is old and sagging, you probably won't be able to improve it enough to be comfortable.

People once believed that a very firm 'orthopaedic' mattress was best for back pain. Experts no longer recommend this. We now know that a mattress needs to support the natural curves of your spine, to avoid worsening back problems.

Different mattresses offer different things and vary a lot in quality and cost. The right mattress for you will be one that:

- moulds to the shape of your body, but keeps your spine in a comfortable position
- spreads your weight evenly and avoids putting too much pressure on bony areas, such as your shoulders and hips
- helps you stay a comfortable temperature while you sleep
- lets you turn over in bed and get up without a huge struggle
- is affordable for you.

Top tips for finding the right mattress for you

- Go shopping when you aren't tired – otherwise all mattresses might feel comfortable!
- Wear comfortable clothing and remove your coat and shoes to test the mattress.
- Sit on the edge of the mattress to check that it supports your weight, and that you don't slide off.

- Lie on the mattress for at least 10 minutes in your usual sleeping position.
- Try turning over to see how easy this is. If you're thinking of a memory foam mattress, it's especially important to check that it doesn't restrict your movement.
- Lie flat on your back and slide your hand in and out of the space beneath your lower back. If there's a large gap, the mattress may be too firm. If you struggle to slide your hand in and out, the mattress may be too soft. Ideally, you should be able to slide your hand in with just a little resistance and still feel your back.

The charity BackCare has a booklet called 'Back to bed', which has more tips for choosing a new bed.

What about pillows?

Find a pillow that suits your shape and size. A good pillow will support your head and neck properly. Avoid very loosely packed fillings, which can move to the sides under the weight of your head. If you need to place your arm underneath or curl the edge of the pillow under, it may not be supporting your head and neck enough.

You can also get pillows that are designed to support your leg when lying on your side. They can help to keep your body in a natural, comfortable position while you sleep. You may see these advertised in newspapers and magazines.

Is there anything else I can do to help me sleep better?

Your environment and routine may also affect your sleep. A calm, peaceful bedroom that is not too hot will help you feel more comfortable. A cooling mattress topper or cooling pillow may be helpful if you do tend to feel too hot in bed. Try to keep your bedroom cool and have good air circulation.

Avoid stimulants such as caffeine, nicotine and too much alcohol close to bedtime. Also try to avoid using your television or computer last thing at night. These might keep your mind active and make it harder to fall asleep.

Aromatherapy oils, special breathing techniques and other relaxation methods may also help relieve muscle tension and prepare your mind and body for sleep.

Caring for pets

It's important to think about any changes you might need to make when caring for your pets.

If bending down to feed your cat or dog is painful or you're afraid of losing your balance, a raised pet feeder might help.

Consider getting your pet food and cat litter delivered, to avoid having to lift and carry heavy loads. You could also ask a relative or neighbour to pour food into small containers, so that you don't have to lift large bags.

Reduce the chance of slips and falls by putting an absorbent cloth under your pet's water bowl. Putting a bell on your pet's collar could also help, as you'll hear them coming and be less likely to trip over them.

If you are struggling to care for your pet, do ask for help. You could ask family or friends, or contact an organisation such as the Cinnamon Trust (cinnamon.org.uk). They offer practical support – such as dog walking or fostering a pet during a hospital stay – so that people don't have to rehome their animal companions. The RSPCA can also provide advice.

Equipment and aids for independent living

Having the right equipment and aids can make all the difference in supporting you to live as independently as possible.

How do I get the equipment I need?

If you think that specialist equipment might be helpful, or you're not sure what aids would suit you best, ask for a care needs assessment with your local authority social services team. They can talk to you about any difficulties you have and give you advice on suitable aids (and where to get them). They can also help you find out whether you're eligible for financial support, or would need to buy your own equipment.

Depending on where you live, you may get some standard equipment for free – or on loan – from the local social services department or health authority. It's worth speaking to your GP or social services, to see what's available.

You may also be able to get financial help with certain equipment or adaptations to your home. If you are considering modifications to your home, it may be useful to have an assessment with an occupational therapist via social services first. They can help to ensure that any changes are appropriate and safe.

After this assessment, social services may provide some equipment for help with everyday living. This can include home safety aids such as grab handles or stair rails, equipment to help with personal care and dressing, and possibly some kitchen aids.

The NHS is responsible for providing medical support equipment. For nursing equipment such as a pressure-relieving mattress or cushion, speak to your GP, district or specialist nurse. For help choosing a suitable walking aid or wheelchair if needed, speak with a physiotherapist who can assess your ability to walk and move around.

Services and the way they are organised can vary from area to area. If you aren't able to get support with equipment or adaptations, do speak to an expert before buying your own.

Hiring equipment

You can hire some equipment for short-term use – for example a wheelchair for a holiday – from organisations like the British Red Cross.

Some specialist suppliers also have a hire scheme for larger items, such as stairlifts, powered wheelchairs or scooters. Your local Disabled Living Centre should have a list of companies that provide this service.

In many areas, Age UK run a handyman scheme. If you are over 60, the scheme may help with small jobs such as fitting grab rails, sanding down a drawer so that it slides more easily, replacing tap washers, and fitting smoke alarms or telephone extensions for a small fee.

VAT exemptions

If you have a long-term condition or disability, you may be able to buy relevant aids for personal use without paying VAT. Companies and websites that sell this type of equipment should be able to guide you in completing the relevant forms. For more information visit gov.uk/hmrc

Getting more information and support

We hope this fact sheet will help you feel more informed and confident when discussing your bone health with your medical team.

For more information about osteoporosis and bone health, including fact sheets on all available drug treatments, visit our website at theros.org.uk/info or order more of our printed publications.

If you need more information or support, talk to your healthcare professional. You can also call our specialist Helpline nurses with any questions or concerns about bone health or living with osteoporosis, for free, on **0808 800 0035** or email them at nurses@theros.org.uk

You may also find the following organisations helpful:

Age UK

Information and advice for older people.

ageuk.org.uk

0800 678 1602

Backcare

Information and education about back pain.

backcare.org.uk

0208 977 5474

Bladder and Bowel UK

Information and support for bladder and bowel problems.

bbuk.org.uk

0161 214 4591

British Red Cross

A range of services, including sale and loan of equipment such as wheelchairs.

redcross.org.uk

0344 871 1111

0300 456 01914 (wheelchair hire)

Disability Rights UK

Information for people with a disability, and a National Key Scheme giving access to accessible public toilets across the UK.

disabilityrightsuk.org

0330 995 0400

GOV.UK

Information about financial help, including VAT relief on products and services for disabled people.

[gov.uk/financial-help-disabled](https://www.gov.uk/financial-help-disabled)

0300 123 1073

Living Made Easy

Information about equipment to help with daily activities.

[livingmadeeasy.org.uk](https://www.livingmadeeasy.org.uk)

0300 999 0004

Research Institute for Disabled Consumers (RiDC)

Independent research for disabled and older consumers.

[ridc.org.uk](https://www.ridc.org.uk)

020 7427 2460

Royal College of Occupational Therapists

Help to find an occupational therapist and information about home adaptations and equipment.

[rcot.co.uk](https://www.rcot.co.uk)

020 3141 4600

SCOPE

Advice on a range of topics connected with disability.

[scope.org.uk](https://www.scope.org.uk)

0808 800 3333

Looking for more information to help you live well with osteoporosis?

We have lots of information to help you manage the effects of broken bones, and to keep active in your daily life.

Visit [theros.org.uk/living](https://www.theros.org.uk/living) to find out more.

#BoneMatters online events

We also have a very popular series of online information events, where you can hear leading health experts discussing everything from drug treatments to nutrition and exercising safely.

For details of upcoming sessions, and to watch past events, visit [theros.org.uk/bone-matters](https://www.theros.org.uk/bone-matters)

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This information is based on the latest evidence and clinical practice. It should not replace advice from your own healthcare professionals.

To give us feedback on this fact sheet, email us at health.info@theros.org.uk

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