

5 Early Signs of Declining Mobility

What families and care teams should look for

Spotting early changes can help prevent falls, maintain independence and improve quality of life.



01

Slower Walking or Shuffling Steps

Walking slower, smaller steps or hesitation when turning can be early warning signs of reduced strength, balance or confidence.



02

Struggling to Stand Up

Needing more support from arms, rocking forwards or avoiding lower chairs may suggest reduced lower limb strength.



03

Loss of Confidence Walking

Avoiding stairs, walking less or saying "I don't trust my legs" can often signal fear of falling.



04

Becoming Less Active

Doing less around the home, walking less or avoiding hobbies can quickly lead to further decline.



05

More Trips or Near Misses

Small stumbles, catching feet or relying on furniture should never be ignored.



What Good Support Looks Like



Good positioning first



One instruction at a time



Allow time to process



Support effort, don't replace it



Small changes today can make a big difference tomorrow.



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FALLS PREVENTION
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Concerned about changes in mobility?

Reeflex provides physiotherapy home visits and falls prevention support for older adults across Essex and the South East.



reeflexuk@outlook.com



+44 7810 804 391



www.reeflex.co.uk