

Take a Stand to Prevent Falls

Easy at-Home Modifications to Prevent Falls



Remove all floor clutter. Rearrange furniture so that it works well with the flow of your home. Secure rugs with adhesive at edges to prevent lifting. Use nonslip mats and treads to help improve traction on slippery surfaces.



Call a handyman to repair broken steps, loose carpeting, tile or wood flooring that sticks up. Install grab bars near showers and toilets.



Replace burnt out lightbulbs or dim lightbulbs with brighter ones to ensure adequate lighting. Light up hallways, stairways, and outdoor walkways that are often dark.



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ncfallsprevention.org

How Will You Take a Stand?

Falls Prevention Awareness Week is September 21 - 25, 2020

“I will join an evidence-based falls program at the Hamlet Senior Center.” - Susan Sellers, age 67

Evidence-based programs are proven to help older adults reduce their risk of falling. For example, A Matter of Balance is an 8-week structured program that offers practical strategies to reduce fear of falling and increase activity levels. Participants learn to view falls and fear of falling as controllable, set realistic goals to increase activity, change their environment to reduce fall risk factors, and exercise to increase strength and balance.

“I am going to watch the free online videos on how to prevent falls to begin my journey.” - Doris Cox, age 83

The National Council on Aging has a YouTube channel you are able to subscribe to. The videos they post provide great information on how to prevent falls. To find their channel on YouTube search “National Council on Aging” then click on their logo to access their channel and begin watching.



<https://www.youtube.com/user/ncoaging>

“I recommend everyone start with the Falls Free checkup online.” - Terry Mercer, age 66

The online Fall Free Checkup allows you to answer 12 questions to assess your risk of falls and receive a personalized report to share with your health care provider. To access the online Falls Free checkup visit www.ncoa.org/healthy-aging/falls-prevention/falls-free-checkup

Local Senior Center Contact Information