

FALLS PREVENTION AWARENESS WEEK

September 21 – 25, 2020

GREAT FALL



BEAUTIFUL FALL



Did you know that 1 in 4 Americans aged 65 and older falls every year? Falls are the leading cause of fatal and non-fatal injuries for older Americans.



PREVENTABLE FALL



YOU can prevent falls and reduce your risk of falling through practical lifestyle changes, evidence-based programs, and community partnerships.

Lifestyle Adjustments:

- Maintain your health and stay physically active.
- Get an annual eye examination, and a physical that includes an evaluation for cardiac and blood pressure problems.
- Maintain a diet with adequate dietary calcium and Vitamin D.
- Do not smoke.
- Avoid excessive alcohol intake.
- Check with your doctor(s) about any side effects of your medications and over-the-counter drugs, as fatigue or confusion increases your risk of falling.
- Make safety adjustments to your environment such as: remove throw rugs, add grab bars in bathroom and shower, increase lighting and nightlights, add non-slip treads on bare steps, maintain walking area free from clutter.



Evidence-Based Programs & Community Partnerships:

NCOA, the Administration on Aging, and the CDC also promote a variety of community-based programs, like **A Matter of Balance**, **Walk with Ease**, and **Tai Chi**, that can help older adults learn how to reduce their risk of falling and/or increase activity levels. Contact your [Area Agency on Aging](#) to find out what's available in your area.

A Matter of Balance: an award-winning program designed to manage falls and increase activity levels. Classes run weekly for 8 sessions and are 2 hours each. You will learn to: view falls as controllable, set goals for increasing activity, make changes to reduce fall risks at home, and exercise to increase strength and balance.

Walk with Ease: a fitness program shown to reduce pain and improve health. Walk with Ease will help you learn to walk safely, comfortably, and improve your flexibility, strength and stamina.

Tai Chi: an ancient Chinese exercise that can help older adults improve their balance and lower their fall risk. The slow, flowing motions of tai chi train you to shift your weight while maintaining your balance.



www.ncoa.org/healthy-aging/falls-prevention/