

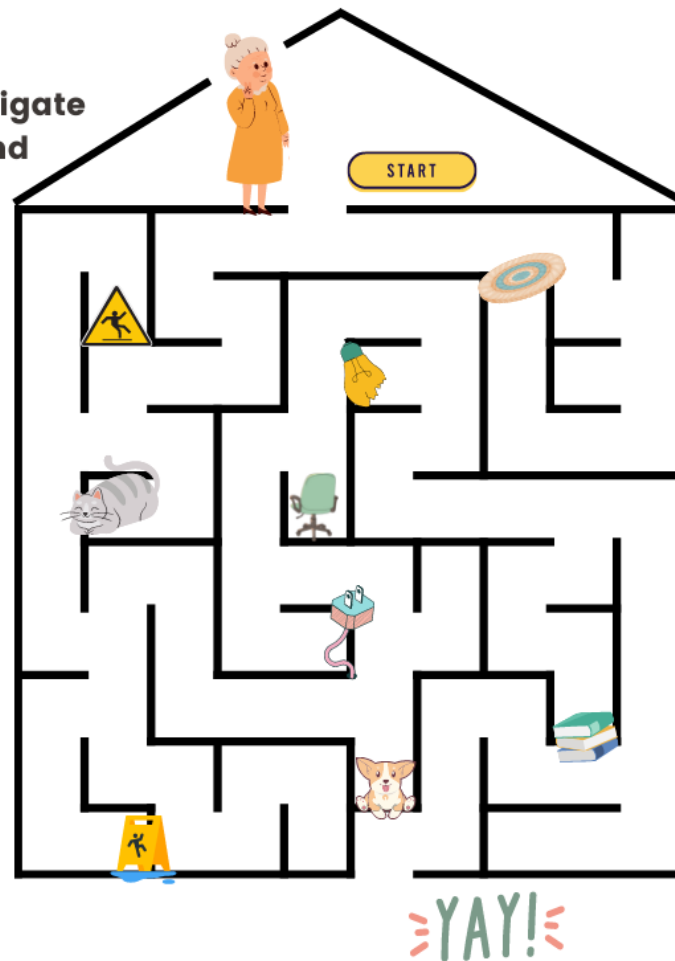
# Falls Prevention

## AWARENESS WEEK

SEPTEMBER 18 - 24, 2022



Help Jane safely navigate through her home and avoid the hazards.



Local Partners  
Information and Logo



<https://ncfallsprevention.org/>



<https://healthyagingnc.com>

### Strengthening Community Connections in Falls Prevention

## Truths about falls:

- Truth:** 1 in 4 older adults fall every year.  
**Myth:** Falling happens to other people not me.
- Truth:** Falling is not normal. Strength and balance exercises, managing medications, having a safe living environment and having eye exams are steps to prevent a fall.  
**Myth:** Falling is a normal part of the aging process.
- Truth:** Staying active increases strength and range of motion, which will help keep independence.  
**Myth:** If I limit my activity, I won't fall.
- Truth:** While muscle mass does decrease with aging, exercise can partially restore strength and flexibility.  
**Myth:** Muscle strength and flexibility can't be regained.
- Truth:** Aging is associated with some forms of vision loss that increases risk of falling and injury. Individuals with vision problems are more than twice as likely to fall as those without a visual impairment.  
**Myth:** I don't need to get my vision checked every year.

Flip this placemat over for more information and fun!





# HARP- Home Hazard Removal Program

<https://www.ncoa.org/article/evidence-based-program-home-hazard-removal-program-harp>

A behavioral intervention that targets fall risk behaviors and home hazards for older adults at high risk for falling. Elements of intervention are listed below.



Comprehensive assessment of the individual, their behaviors, and the environment



Home hazard removal plan



Remediation of hazards



Followup session three (3) months after intervention.

For more information about the HARP program and other Evidence-Based programs visit [ncoa.org](http://ncoa.org)

This campaign features a **Falls Free Checkup**- a digital screening where older adults can answer 12 simple questions to get their fall risk score and steps to reduce risk.

<https://www.ncoa.org/article/falls-free-checkup>



<https://ncfallsprevention.org/>



<https://healthyagingnc.com>



## Search & Find

AWARENESS	HAZARD	PAIN
BALANCE	HELP	PREVENTION
COMMUNITY	HOME	RUG
DECLUTTER	INJURIES	SEPTEMBER
FALLS	INTERVENTION	STRENGTH

T Y S T R E N G T H H N I  
 S D X P R E V E N T I O N  
 Q J A O N U F N B C N Y T  
 P H K W L F G P A C J S E  
 S A V F A L L S L P U E R  
 G Z I Y M R H H A J R P V  
 T A X N H Z E P N M I T E  
 G R T F E R P N C X E E N  
 E D E C L U T T E R S M T  
 X S S O P V X P P S B B I  
 H A Z M T H O M E T S E O  
 P K C O M M U N I T Y R N



Local Partners  
Information and Logo

