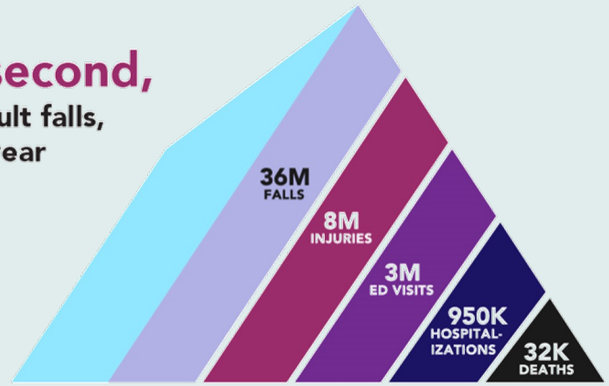
Sept 18 - 22, 2023

Falls Prevention Awareness Week
From **Awareness** to Action

Every second,
an older adult falls, and every year there are...



Data sources: National Vital Statistics System, National Electronic Injury Surveillance System–All Injury Program, and Behavioral Risk Factor Surveillance System.

Falls are not a normal part of aging – they can be prevented!

In 2018, **1** in **4** older adults reported falling

More than **8 million** falls required medical attention or limited activity for at least a day

More than **32,000** older adults died from falls – that's 88 older adults every day.

Older adults, caregivers, and healthcare providers can work together to reduce the risk of falling and prevent devastating injuries. **Flip the page to see how!**

Falls Prevention Word Search

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

Action
Aging
Awareness
Balance
Coalition
Exercise
Falls
Hearing
Home Safety
Medication
Prevention
Provider
Vision

Use your phone camera to scan the images like this one to view more information on the topics!
cdc.gov/steadi

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Is your home Fall Safe?

- ✓ Do you have rugs secured?
- ✓ Do you have a clear walking path?
- ✓ Do you have a handrail on steps?
- ✓ Do you have handles in the shower or tub?
- ✓ Is the light near the bed?

Scan here to download the Home Fall Prevention Checklist from the CDC

A Matter of Balance is a program designed to reduce the fear of falling and increase activity levels among older adults.

NC is now a part of a pilot program for A Matter of Balance specifically designed for individuals with Parkinson's Disease!

Scan here to see all the upcoming evidenced base classes and learn more!

HEALTHY AGING NC
https://healthyagingnc.com/

Six Steps to Prevent a Fall

1. Find a good balance and exercise program
2. Talk to your health care provider
3. Regularly review your medications with your doctor or pharmacist
4. Get your vision and hearing checked annually and update your eyeglasses
5. Keep your home safe
6. Talk to your family members

Scan me to download these steps!

Ask us about our fall prevention programs!

Local Partner Info

North Carolina FALLS PREVENTION Coalition
https://ncfallsprevention.org