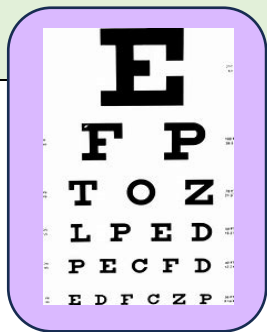


From Awareness to Action: Stay Safe to Prevent Falls

Become **AWARE** of Steps You can Take to Stay Safe to Prevent Falls



Schedule regular vision and hearing exams



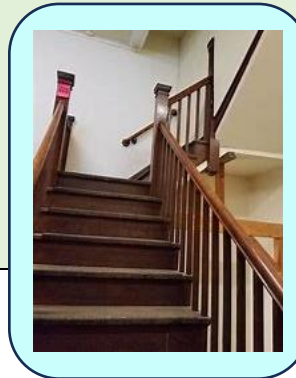
Talk to your healthcare provider about your fall risk



Ask your pharmacist or healthcare provider to review your medications



You should keep your home safe to reduce fall risk



Sensible footwear and foot checks help prevent falls



Ask your family to help you reduce your fall risk



Find and engage in a regular exercise and balance program



Explore and learn about other ways to stay safe

Further info.-
Healthyagingnc.com
& NCfallsprevention.org

Local Partners Information:

Information adapted from NCOA Falls Prevention Awareness Week Toolkit (ncoa.org) & <https://www.cdc.gov/>

Turn over placement for more information.



Become **AWARE** of Evidence-Based Classes to Help You Stay Safe

To find a program, visit:
<https://healthyagingnc.com/>

A Matter of Balance

Group based program developed to help increase activity levels and lower older adults' fear of falling.

- 8 sessions (in person) or 9 sessions (virtually), for 2 hrs. each session, led by 2 trained class facilitators
- Participants learn about: a variety of factors that may increase fall risk, home safety changes, how to set goals to increase activity level, and exercises to improve strength and balance

Information adapted from HealthyAgingNC.com

Awareness to Action: Take **ACTION** to Stay Safe to Prevent Falls

Mark the Actions you have taken or will take to stay safe

| | | | | |
|-----------------------------|--|---------------------------|--|--|
| Vision Screening | | Review your medications | | Talk to family members |
| Hearing Screening | | Make home safer | | Find and take a balance/exercise program |
| Talk to Healthcare Provider | | Wear shoes with low heels | | Learn other ways to prevent falls |

Information adapted from 6 Steps to Help Prevent Falls in Older Adults (ncoa.org) and <https://www.cdc.gov/>

**How many words can you make with the letters in:
Falls Prevention?**

Poem

There was a lady called Mae, who used her grab bars each day.
 She also had a seat, to shower and dry her feet, so that Mae felt safe every day. (Written by Sharon Elliott)