

FALL PREVENTION AWARENESS WEEK

FROM AWARENESS TO ACTION



DID YOU KNOW?

- More than 1 in 4 older adults (65+) fall each year.
- Falls are the most common cause of hospital admissions for trauma.
- Falls are the leading cause of fatal and nonfatal injuries for older adults.

FALLS ARE PREVENTABLE

Here are some things you can do to reduce your risk of falling:



EXERCISE: Engage in regular physical activity, especially balance and strength-building activities.



MEDICATION: Ask your doctor or pharmacist if medications you take may increase your risk of falling.



HOME SAFETY: Most falls happen in the home! Identify and correct any falling, slipping, or tripping hazards.



VISION: Vision plays an important part in preventing falls. Have regular vision checks!



HEARING: It's important to have regular hearing checks, too. People with hearing loss are three times more likely to fall than those with no loss.

FIND WAYS TO PREVENT FALLS!

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

**EXERCISE
 STRENGTH
 BALANCE
 CHECK UP
 MEDICATIONS**

**VISION
 HEARING
 NUTRITION
 GOOD LIGHTING
 HANDRAILS
 FALLS FREE**

**DECLUTTER
 CANE
 WALKER
 POSTURE
 CONFIDENCE**

CAN YOU SPOT THE HOME HAZARDS?

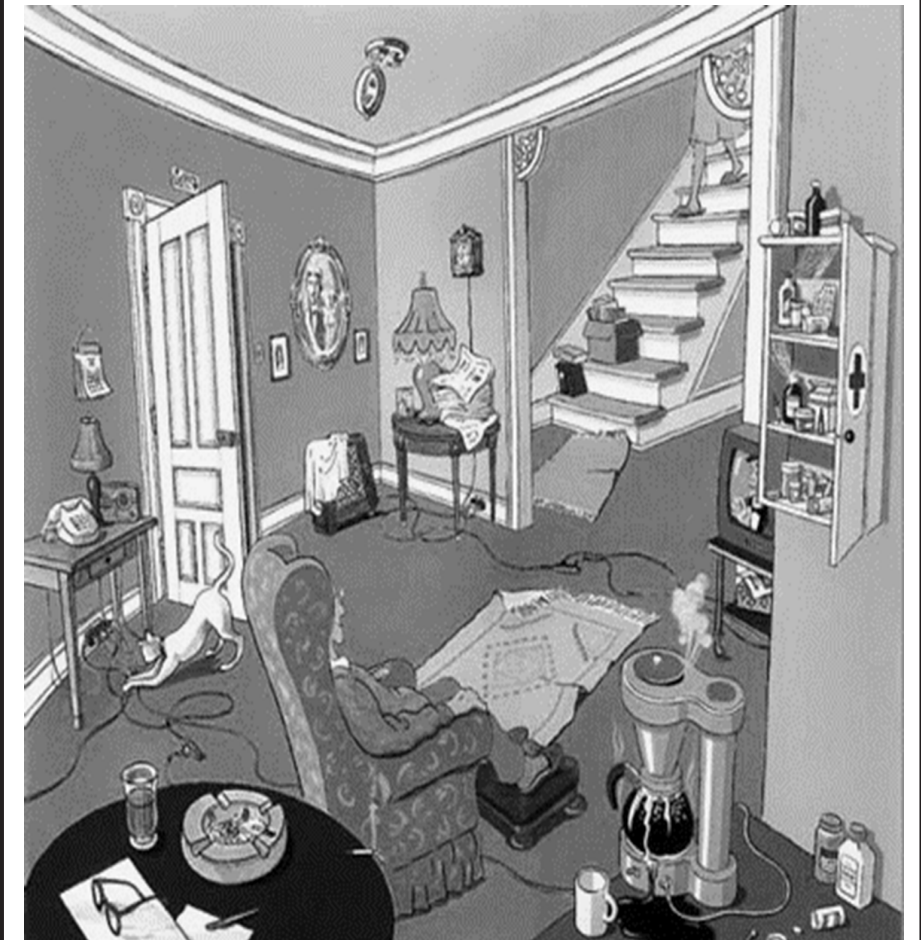


Photo Credit: Public Health Agency of Canada

ANSWERS:
 Stairs without handrail - Deactivated fire alarm - Cloth on space heater - Overhanging outlets - Loose extension cords in traffic areas - Smoking Cigarettes left unattended - No automatic shut-off on coffee maker - Open bottles of medicine - Outdated medications in cabinet - Loose rugs - Flip-top slippers - Clutter on staircase - Newspapers too close to lamp - No handle and deadbolt on door



Philip D. Murphy
 Governor

COMMUNITY-BASED PROGRAMS ARE A GREAT WAY TO PREVENT FALLS!

Are you looking for help building knowledge, strength, and balance to prevent falls? Consider enrolling in community-based falls prevention programs like **A Matter of Balance: Managing Concerns About Falls**, **The Otago Exercise Program**, **Tai Ji Quan: Moving for Better Balance**, **Move Today Exercise Program**, or **Project Healthy Bones**. For more information or to find a program in your area, go to www.aging.nj.gov or call the NJ Division of Aging Services toll-free at 1-800-792-8820.



Sarah Adelman
 Commissioner