

# 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 help 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.

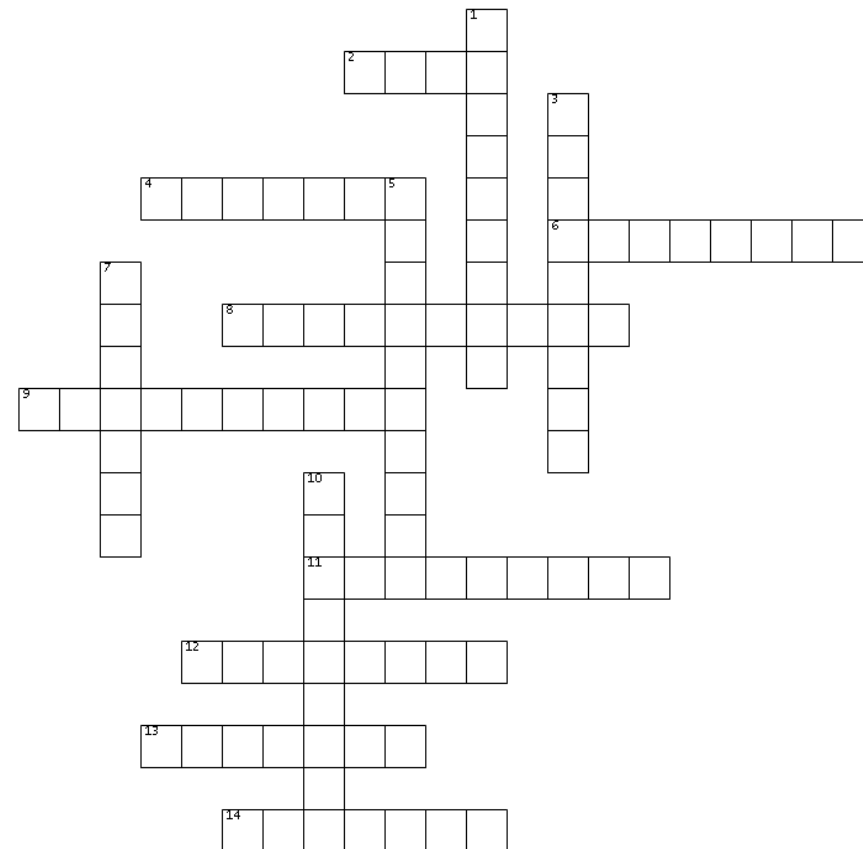


**VISION:** Vision plays an important part in preventing falls. Have regular vision checks!



**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.

### WHAT YOU CAN DO TO PREVENT FALLS



#### ACROSS

- Stability Aid
- Annual Examination
- Opposite of Weakness
- Non-Self-Doubt
- Prepares and Dispenses Medication
- Food Necessary for Health
- Physical Activity to Improve Health
- Placing One Foot in Front of the Other
- Proper Body Alignment

#### DOWN

- Removing Unnecessary Items
- Provider of Primary Care
- Professional Who Treats Feet
- Even Distribution of Weight to Steady
- Grasped for Support and Stability

ANSWER KEY:  
Across: 2. Cone; 4. Check Up; 6. Strength; 8. Confidence; 9. Pharmacist; 11. Nutrition; 12. Exercise; 13. Walking; 14. Posture  
Down: 1. Clutter; 3. Physician; 5. Podiatrist; 7. Balance; 10. Handrails

### FIND YOUR FALL RISK!

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

CLUTTER

HEARING

MEDICATIONS

SMALL PETS

UNEVEN GROUND

DEHYDRATION

INACTIVE

OSTEOPOROSIS

STEP LADDER

VISION

FOOTWEAR

LIGHTING

SLIPPERY

THROW RUGS

WEATHER



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](http://www.aging.nj.gov) or call the NJ Division of Aging Services toll-free at 1-800-792-8820.



Sarah Adelman  
Commissioner