



# New Jersey Falls Prevention Awareness Week

## September 20-26, 2020

### Did You Know?

- One out of four older adults age 65+ fall each year in the United States.
- In 2018, 34,097 older Americans age 60+ died due to an unintentional fall – 454 of those were in New Jersey.
- Each day in New Jersey, an average of 226 older adults 60+ are treated in emergency departments or as inpatients due to a fall.
- In New Jersey, 83.7% of falls admitted as inpatients were 60 or older. Of that, 48.8% were aged 80 or older.
- Falls are the #1 cause of brain injury among older adults.

*Source: CDC Wonder (2018); NJ Department of Health, Center for Health Statistics (2019)*

*Falls are a serious public health problem. Falling, and the fear of falling, can lead to depression and hopelessness, loss of mobility, and loss of functional independence.*

### The Good News is Falls Are Preventable!

- Exercise regularly. It increases strength, flexibility and balance.
- Have your eyes and ears checked by a doctor at least once a year.
- Wear the right footwear. The safest shoes fit your feet, have low heels, non-slip soles, and lace up or are secured with fabric fasteners.
- Make your home safer by removing fall hazards and improving lighting.
  - ✓ Remove clutter like loose papers, boxes, wires, and phone cords from walk paths and stairways.
  - ✓ Make lights brighter, especially in stairways. Consider a nightlight in the bath, bedroom, and hallways.
  - ✓ Install bath grips or grab bars in your tub or shower.
  - ✓ Use non-skid liners under rugs. Or, better still, remove all throw rugs.
- Ask the doctor or pharmacist to review your medicines-both prescription and over-the-counter.
  - ✓ Many medicines can cause side effects such as weakness or dizziness.
  - ✓ Taking four or more medications increases your risk for a fall.

**Help Make Falls Prevention Awareness Week a Success by  
Spreading the Word...**



**FALLS ARE PREVENTABLE!!**

