

FALL PREVENTION AWARENESS WEEK

FROM AWARENESS TO ACTION

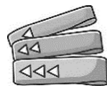


DID YOU KNOW?

- 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.

HOW CAN YOU PREVENT FALLS?

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

DECLUTTER

HANDRAILS

HEALTHY DIET

HEARING

HYDRATION

LIGHTING

PHARMACIST

PHYSICAL ACTIVITY

PODIATRIST

POSTURE

SLOW DOWN

STRONG BONES

VISION

WALKING AID

FALLS FREE

FIND YOUR FALL RISK!

LLOHCOA

10	19					9	

MICSDOEINAT

					18	16		14	1

UORGSHWRT

6							11	15	

ERESDSTPADL

					20	12	5		

IONGGLHTOIPR

					13				

LPRYEISP

21	8								

OEFROATW

17						7			

PIONRTTIRUOON

							2				

ELSALSPMT

		3							

IOSVNI

						4	

1	2	3	4	5	

6	7	8	9		

10	11	12	13	14	15	16			

17	18	19	20	21					

!

ANSWERS:
1. Alcohol, 2. Medications, 3. Throw Rugs, 4. Step Ladders, 5. Poor Lighting, 6. Slippery, 7. Footwear, 8. Poor Nutrition, 9. Small Pets, 10. Vision
Hidden Message: Stand Tall Against Falls!



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