

FALL PREVENTION AWARENESS WEEK

Standing Tall Against Falls



Did You Know?

- 1 in 4 older adults fall each year.
- Falls are the most common cause of hospital admissions for trauma.
- Falls are the leading cause of injury deaths among 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, or alcohol consumption, increases your risk of falling.



Home Safety: Most falls happen in the home! Identify and correct falling, slipping, or tripping hazards.



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



Hearing: Have regular hearing checks, too. People with hearing loss are three times more likely to fall than those with no loss.

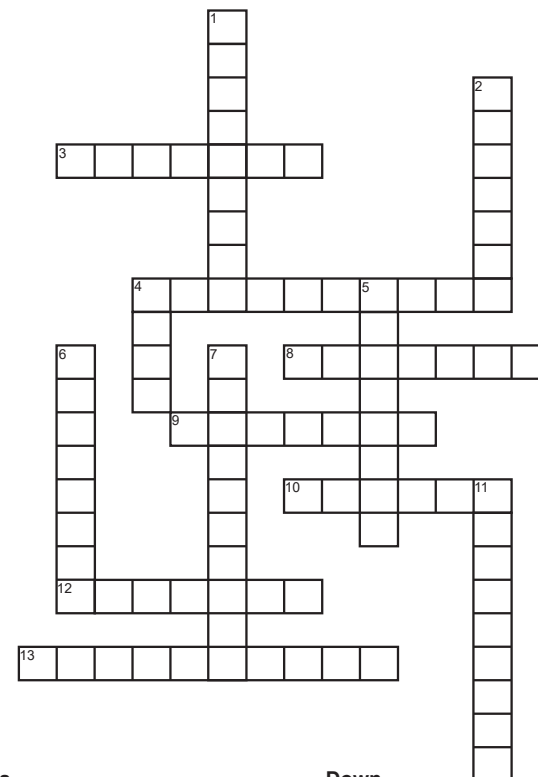
FIND YOUR FALL RISKS

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

**ALCOHOL MISUSE
 CLUTTER
 DIZZINESS
 ELECTRIC CORDS
 HAZARDS
 LOOSE CARPET
 MEDICATIONS
 NO HANDRAILS**

**PETS UNDER FEET
 POOR LIGHTING
 SLIPPERY
 STEP LADDERS
 THROW RUGS
 TRIPPING
 UNEVEN STEPS
 UNSAFE SHOES**

PREVENTING FALLS CROSSWORD



Across

3. Putting One Foot in Front of the Other
4. Non Self-Doubt
8. Annual Exam
9. Even Distribution of Weight to Remain Steady
10. Ability to See
12. Audiologist's Concern
13. Foot Doctor

Down

1. Provider of Primary Care
2. Proper Body Alignment
4. Stability Aid
5. Physical Activity to Improve Health
6. Opposite of Weakness
7. One Who Dispenses Medications
11. Key to a Healthy Diet

ANSWERS:
 Across: 3. Walking, 4. Confidence, 8. Check Up, 9. Balance, 10. Vision, 12. Hearing, 13. Podiatrist
 Down: 1. Physician, 2. Posture, 4. Cone, 5. Exercise, 6. Strength, 7. Pharmacist, 11. Nutrition



Philip D. Murphy, Governor
 Sheila Y. Oliver, Lt. Governor

Falls Are Preventable

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, 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
 Acting Commissioner