

FALL PREVENTION AWARENESS WEEK

Standing Tall Against Falls



Did You Know?

- ❖ One in 3 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 if medications you take, or alcohol consumption, increases your risk of falling.



Home Safety: Identify and correct falling, slipping or tripping hazards.



Vision: Have regular vision checks.

FIND YOUR FALL RISKS

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

**ALCOHOL MISUSE
 CLUTTER
 DIZZINESS
 HAZARDS
 STEP LADDERS
 LOOSE CARPET
 MEDICATIONS
 PETS UNDER FOOT**

**POOR LIGHTING
 SLIPPERY
 THROW RUGS
 TRIPPING
 UNEVEN STEPS
 UNSAFE SHOES
 NO HANDRAILS**

Unscramble Your Health

1. GENTRTHS _____
2. CENALAB _____
3. ANGWIKL _____
4. TURTONIIN _____
5. OVSIIN HEKCC _____
6. ENAHIRG ETTS _____
7. SYIHCPLA VIITCAYT _____
8. RYYLAE CCEHK PU _____

Answers: 1) strength 2) balance 3) walking
 4) nutrition 5) vision check 6) hearing test
 7) physical activity 8) yearly check up



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** or the **Otago Exercise Program**. 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.



Carole Johnson
 Commissioner