

# HealthReach Community Health Centers

September 2018

*September 22nd is...*

## **Fall Prevention Awareness Day!**

*Here are a few ideas to prevent falls in your home...*

- ◆ Request a vision check
- ◆ Have gait and balance testing
- ◆ Receive foot exams
- ◆ Review medications with provider
- ◆ Exercise
- ◆ Use handrails
- ◆ Use any suggested safety devices
- ◆ Take a walk
- ◆ Keep house clear of clutter
- ◆ Wear safe shoes



*Every 11 seconds, an older adult is seen in an emergency room for a fall-related injury!*

**Resources:** <https://www.cdc.gov/steady/>  
<https://www.ncoa.org/healthy-aging/falls-prevention/>  
<https://go4life.nia.nih.gov/tip-sheets/preventing-falls>  
<http://stopfalls.org/>

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