

MCLB ALBANY SAFETYGRAM

National Fall Prevention Awareness Week

September 23-29, 2019

It is estimated one in four older adults fall each year. The good news is falls can be prevented with adequate knowledge. To effectively manage and reduce the risks of falling, one needs to understand what may put them at risk for falling.



How Can We Prevent Falls?



Talk with your doctor to identify potential fall risks and develop a plan. Take into consideration your current medical condition, changes in your vision and/or balance, as well as the medications you are taking and how they affect you.

Specific physical activities can reduce fall risk by increasing balance and mobility skills. Examples of low-impact forms of physical activities for seniors are walking, water aerobics, and Tai Chi.



Changes and awareness to the home and community environment can assist in reducing hazards and allowing a person to continue their daily activities. Keep rug edges taped down; remove cords and other items out of walkways; report uneven or cracked sidewalks; and never turn down the opportunity to correct a near miss.

For more information, copy and paste: <http://stopfalls.org>.



Risk Management 639-5249

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