

ONE FALL CAN CHANGE IT ALL



ACT NOW. LEARN HOW

Did you know every year 1 in 3 adults over the age of 65 will have a fall?

November is Falls Prevention Month, and to highlight the impact falls is having on our community, we are launching a public awareness campaign. **Falls can lead to serious injury** and can sometimes be life-altering, but did you know that **some falls can be prevented**? And that there are simple things that you can do to stay healthy and active?

While older adults with frailty are at higher risk, **falls can happen to anyone!** Factors that increase your risk of fall include;

- Previous falls
- Reduced strength, mobility or balance
- Poor nutrition or hydration
- Multiple medications
- Diminished eyesight or hearing
- Home slip and trip hazards

Regular physical activity is important as it can enhance muscle and bone strength, improve coordination and flexibility, boost confidence making movement feel safer and improve our mood, sleep and memory! **Any activity is good activity!** Find one that you like that fits within your abilities – things like walking, dancing, swimming, yoga or Tai Chi.

Most falls among older adults occur in the home. To minimize your risk;

- Keep a phone or alert system close by and store items you use often within easy reach
- Keep paths clear and free of clutter, use non-slip rugs and clean up spills right away
- Add more light near your bed, at the top and bottom of stairs and in the bathroom
- Put grab bars in the shower or tub and near the toilet. A shower chair can also help
- Make it easy to get in and out of bed and keep walking aids close by.

Over the course of the month, we will be sharing important information about falls and falls prevention, so that you or someone you know can learn more about how to stay strong and minimize the risk of falling or fall-related injury. Simple things like **staying active** or **making your home and environment safer** can help keep you independent.

Together, as a community, **we can support each other to stay strong and help reduce falls!**



Scan this QR code for more information on falls prevention!