

Falls Prevention AWARENESS DAY

SEPTEMBER 22, 2017



Each year, one in every four adults age 65 and older falls. It's a public health problem that, fortunately, is largely preventable.



Falls Prevention Awareness Day was developed to promote evidence-based falls prevention approaches.

[The Arizona Falls Prevention Coalition's](#) mission is to reduce risk of falls in Arizona through education, outreach, evaluation and advocacy.

Governor Doug Ducey proclaimed September 2017 Falls Prevention Awareness Month.

Tips To Prevent Falls

1. Find an exercise program to build balance, strength and flexibility.
2. Talk to your health care provider and ask for an assessment of your risk of falling.
3. Regularly review your medications and make sure side effects aren't increasing your risk of falling.
4. Get annual vision and hearing testing and update your eyeglasses.
5. Talk to your family members to gather support in taking simple steps to stay safe.
6. Keep your home safe by removing tripping hazards, increase lighting and install grab bars.