



## ***Facts about Falls:***

- Falls are the leading cause of injury among older adults, leading to ER visits, hospital stays and even death;
- An older Ohioan falls, on average, every 2 minutes, resulting in an injury every 5 minutes, 6 ER visits and one hospitalization every hour, and 3 deaths per day;
- In Ohio, total fall-related costs tally more than \$1 Million per day;
- One in three older adults fall each day, yet less than half talk to their doctor about it

### ***What can you do to prevent falls?***

#### **1. Stay active and healthy**

- Take an exercise or balance class
- Get your medications reviewed regularly
- Ask your doctor for a fall risk assessment
- Have your vision and feet checked regularly
  - Eat well every day
- Slow down and be mindful of what you are doing

#### **2. Keep your home safe and falls free**

- Secure loose rugs
- Eliminate trip hazards
- Make sure you have plenty of good lighting
- Install a grab bar in the shower or handrails on stairs
- Ask a CPA social worker to come to your house for a free Home Environmental Assessment and for information about the CPA Safe at Home Program for Minor Home Modification!



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*For information on the Safe at Home Program, Home Environmental Assessment, Minor Home Modification, or any of the ways you can prevent falls, please call a CPA social worker: 216-291-3902 or 440-442-2628*

# Learn What YOU Can Do to Prevent Falls

## Fall Prevention Opportunities and Events with Community Partnership on Aging

### Walk a Mile with CPA!

See the Walk flyer for details and information, or call CPA at 216-650-4029.

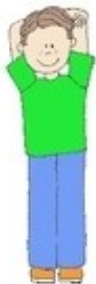


Problems with your feet can lead to poor gait and instability.

**Get your feet checked by one of our podiatrists!**

CPA works with three podiatrists that offer on-site foot clinic appointments for a nominal fee.

### Falls are not a normal part of the aging process!



Balance Screenings will be offered at South Euclid Community Center on Thursday, September 24, from 12:00-1:00! Call CPA to make an appointment: 216-650-4029

**Sometimes medications can interact and cause balance problems. Review your medications with your doctor—or a pharmacist!** Medication Review opportunities will be available with the pharmacist from Walgreen's on Friday, September 25 at Highland Heights Community Center. Appointments are first come, first served, beginning at 11:30 AM.



**Get plenty of exercise and eat well.**

**Good nutrition and health keep your bones and mind strong!**

CPA offers A Matter of Balance, Yoga, Qi Gong and other exercise classes, as well as a variety of good lunches at the community centers in Lyndhurst, South Euclid, Highland Heights, Mayfield Heights and Mayfield Village.

### Gather information about preventing falls at the PNG Mini-Fair!

Fair will take place on Thursday, September 24 from 10:30 - 12:30 at South Euclid Community Center!

**PNG**  
Professional Networking Group  
*Linking Seniors to Services in their Community*

### Call Community Partnership on Aging for a FREE In-Home Environmental Assessment or information about Minor Home Modification!

Call a CPA social worker at 216-291-3902 or 440-442-2628



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