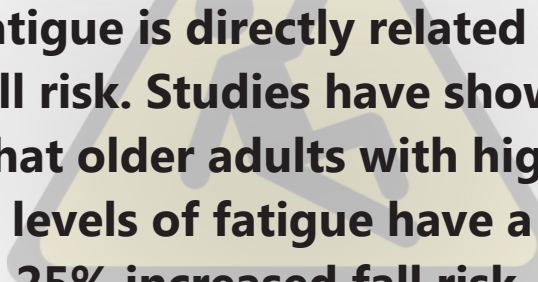


Fall-Free Fact

with the Area Agency on Aging District 7 (AAA7)
and Shawnee State University
Occupational Therapy Program



Fatigue is directly related to fall risk. Studies have shown that older adults with high levels of fatigue have a 25% increased fall risk.