

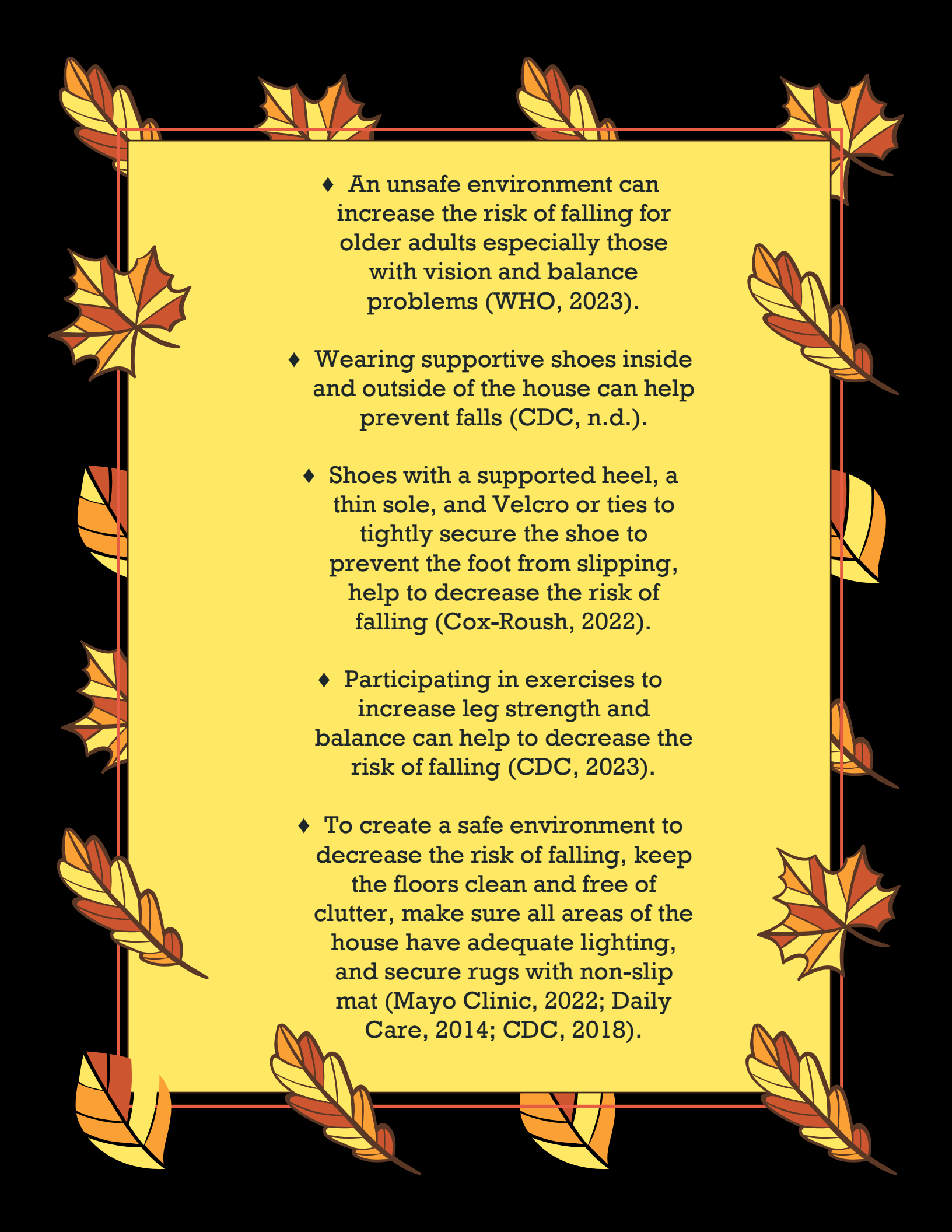


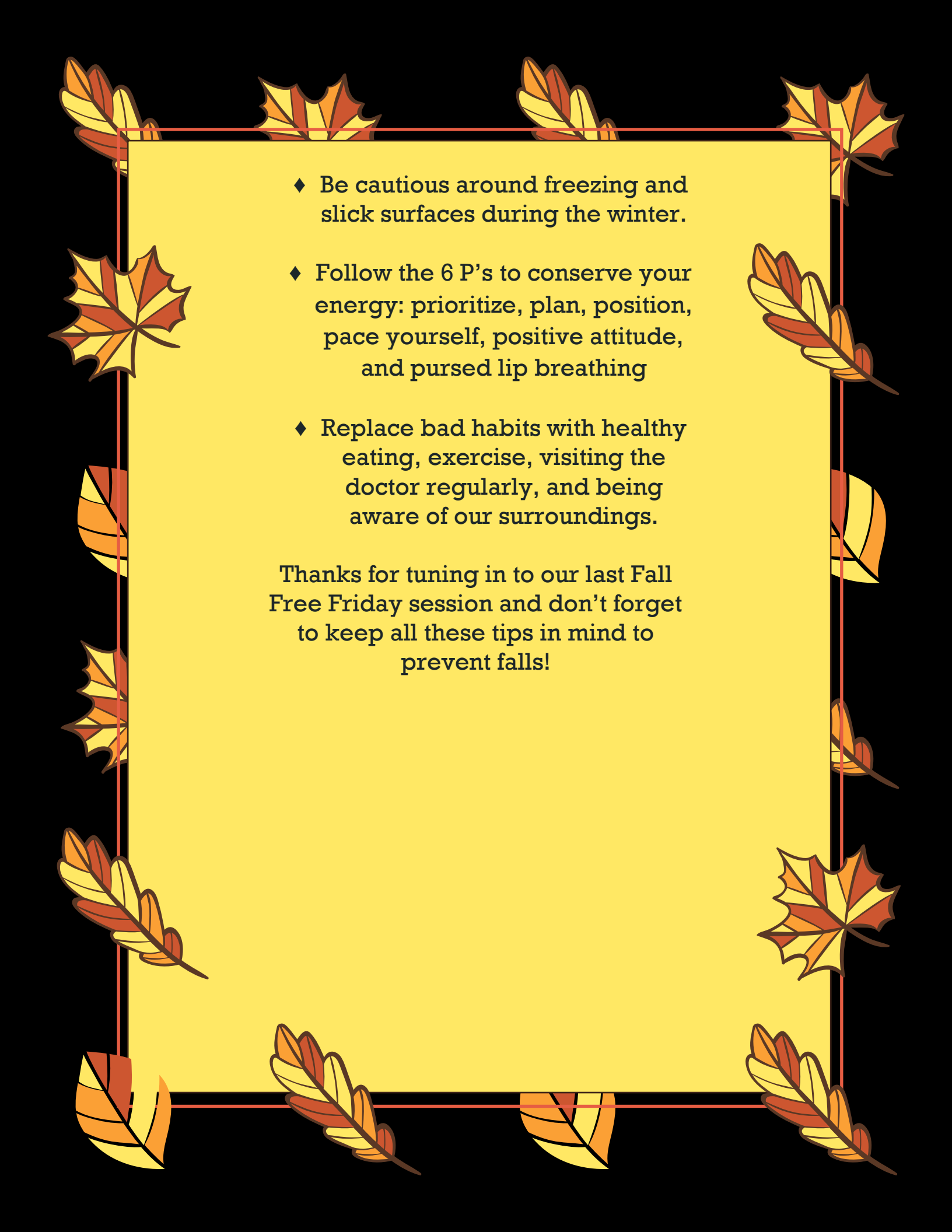
Fall Free Friday

*“Putting it All Together-Your
Plan for Falls Prevention”*

**December 10:00 AAA7 FB
1st, 2023 A.M. LIVE**

- ◆ More than $\frac{1}{4}$ Americans aged 65 and older fall each year (National Council of Aging, 2023).
- ◆ Falls can lead to decreased independence and depression (Ohio Department of Aging, n.d.).

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- ◆ An unsafe environment can increase the risk of falling for older adults especially those with vision and balance problems (WHO, 2023).
 - ◆ Wearing supportive shoes inside and outside of the house can help prevent falls (CDC, n.d.).
 - ◆ Shoes with a supported heel, a thin sole, and Velcro or ties to tightly secure the shoe to prevent the foot from slipping, help to decrease the risk of falling (Cox-Roush, 2022).
 - ◆ Participating in exercises to increase leg strength and balance can help to decrease the risk of falling (CDC, 2023).
 - ◆ To create a safe environment to decrease the risk of falling, keep the floors clean and free of clutter, make sure all areas of the house have adequate lighting, and secure rugs with non-slip mat (Mayo Clinic, 2022; Daily Care, 2014; CDC, 2018).

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- ◆ Be cautious around freezing and slick surfaces during the winter.
 - ◆ Follow the 6 P's to conserve your energy: prioritize, plan, position, pace yourself, positive attitude, and pursed lip breathing
 - ◆ Replace bad habits with healthy eating, exercise, visiting the doctor regularly, and being aware of our surroundings.

Thanks for tuning in to our last Fall Free Friday session and don't forget to keep all these tips in mind to prevent falls!