**308 words, not counting title & falls free checkup. 334 with falls free checkup**

**You Can Reduce Your Risk of a Fall!**  
**Visit Falls Free Wisconsin Today**

**Did you know?**

* More than one in four older people have a fall each year.
* Every 11 seconds an older adult somewhere in the United States (US) is admitted to an emergency department for a fall.
* One out of ten falls causes a serious injury. Falls are the most common cause of traumatic brain injuries (TBI) and 83% of hip fracture deaths and 88% of emergency department visits and hospitalizations for hip fractures are caused by falls.
* **There are steps you can take to reduce your risk of a fall!**

That’s why the Wisconsin Institute for Healthy Aging (WIHA), in partnership with the Falls Free Wisconsin Coalition, has launched Falls Free® Wisconsin (FFWI), a new website that gives older adults and their families the information and tools to prevent a fall.

**What You’ll Find at Falls Free Wisconsin**

We’ll provide you with the steps, tools, and resources to help you stay safe and independent in your home. When you visit **www.fallsfreewi.org** you can take the Falls Free Check Up to determine your own risk of a fall and find out what increases your risk. Then, learn the steps you can take to reduce that risk.

With videos, interactive quizzes, a home safety challenge, handouts, helpful links and more, Falls Free Wisconsin is a one-stop shop for falls prevention in Wisconsin. Find balance and strength exercises (which are proven to reduce falls); learn how to keep your home safe by removing trip hazards, increasing lighting and adding safety features such as handrails or grab bars; and find out about falls prevention programs like Stepping On, which has been proven to reduce older adult falls by 31%!

You have a big role to play in reducing your risk of a fall. Falls Free Wisconsin can help. WIHA and YOUR AGENCY NAME HERE encourage you to visit [**www.fallsfreewi.org**](http://www.fallsfreewi.org) today!

If you have room, you could add: Take the Falls Free CheckUp online at [bit.ly/3Pdi769](http://bit.ly/3Pdi769) or on page XX to assess your personal risk of falls. [if including on page XX...see below]

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**Stay healthy and independent by checking your risk for a fall.**

Falls are not a natural part of aging. Even if you’re healthy or have talked with your health care provider, it’s important to check your risk. There are many steps you can take to prevent a fall. Answer 12 simple questions to get your falls risk score and resources to prevent falls.

**1-I have fallen in the past year.** YES (2) / NO (0)

People who have fallen once are likely to fall again.

**2-I use or have been advised to use a cane or walker to get around safely.** YES (2) / NO (0)

People who have been advised to use a cane or walker may already be more likely to fall. 

**3-Sometimes I feel unsteady when I am walking.** YES (1) / NO (0)

Unsteadiness or needing support while walking are signs of poor balance.

**4-I steady myself by holding onto furniture when walking at home.** YES (1) / NO (0)

The need to steady yourself is a sign of poor balance.

**5-I am worried about falling**. YES (1) / NO (0)

People who are worried about falling are more likely to fall.

**6-I need to push with my hands to stand up from a chair.** YES (1) / NO (0)

Using your arms to help stand is a sign of weak leg muscles, a major reason for falling.

**7-I have some trouble stepping up onto a curb.** YES (1) / NO (0)

Trouble stepping onto a curb is a sign of weak leg muscles.

**8-I often have to rush to the toilet.** YES (1) / NO (0)

Rushing to the bathroom, especially at night, increases your chance of falling.

**9-I have lost some feeling in my feet.** YES (1) / NO (0)

Numbness in your feet can cause stumbles and lead to falls.

**10-I take medicine that sometimes makes me feel light-headed or more tired than usual.** YES (1) / NO (0)

Side effects from medicines can sometimes increase your chance of falling.

**11-I take medicine to help me sleep or improve my mood.** YES (1) / NO (0)

Side effects from mood or sleep medicines can sometimes increase your chance of falling.

**12-I often feel sad or depressed.** YES (1) / NO (0)  
 Symptoms of depression such as not feeling well or feeling slowed down, are linked to falls.

Add up your score (using the numbers next to yes / no). If you scored a four or more, you may be at higher risk of falling. Visit [**www.fallsfreewi.org**](http://www.fallsfreewi.org)for tips to reduce your risk of falling.

*This checklist, distributed by the National Council on Aging, was developed by the Greater Los Angeles VA Geriatric Research Education Clinical Center and affiliates and is a validated fall risk self-assessment tool (Rubenstein et al. J Safety Res; 2011: 42(6)493-499).*