

Take Control of your Health

Every 11 seconds, an older adult is seen in an emergency department for a fall-related injury. Many falls are preventable. **Stay safe with these tips!**

1 Find a good balance & exercise program

Look to build balance, strength, and flexibility. Contact your local Area on Aging for referrals. Find a program you like and take a friend.



2 Talk to your healthcare provider

Ask for an assessment of your risk of falling. Share your history of recent falls.



3 Regularly review your medications with your doctor or pharmacist

Make sure side effects aren't increasing your risk of falling. Take medications only as prescribed.



4 Get your vision and hearing checked annually and update your eyeglasses

Your eyes and ears are key to keeping you on your feet.



5 Keep your home safe

Remove tripping hazards, increase lighting, make stairs safe, and install grab bars in key areas.



6 Talk to your family members

Enlist their support in taking simple steps to stay safe. Falls are not just a seniors' issue.



7 Visit FallsFreeWI.org

There are many things you can do to prevent falls as you age. Browse through the Falls Free Wisconsin website to learn more.



Bonus Tip!

Attend a local event:

Healthy Aging Your Way

2024 Falls Prevention Event

Tuesday, September 17
11:15 a.m. - 2:15 p.m.

ADRC at Lincoln Center
1519 Water Street
Stevens Point



FREE EVENT!

Call to register for this **FREE** resource event designed to help you stay healthy and independent as you age.

SteppingOn: Building Confidence, Reducing Falls
Community Workshop

Wednesdays
October 9 - November 20, 2024
1 - 3 p.m.

Stevens Point Fire Department
1701 Franklin Street
Stevens Point

Call to register for this 7-week workshop proven to reduce older adult falls!

Interested or have questions?

Call the ADRC Health Promotion Coordinator at (715) 346-1914.