

Dear Providers,

The Wisconsin Institute for Healthy Aging (WIHA) received funds to develop falls prevention resources and information for caregivers. With input from caregivers themselves, we developed the [Falls Prevention for Caregivers](#) webpage.

Through survey reports, we learned that caregivers want physical papers that are easy to grab and go and read on their own time. Many reported they did not want electronic information. Therefore, we need your help to distribute these materials!

Please visit the webpage above and download the materials included. We have information *specific to caregivers* regarding:

1. Balance & Strength
2. Sight
3. Hearing Loss
4. Home Safety
5. Medications
6. Safe Footwear

To ensure this information gets out to the caregivers in need, please take the following steps:

1. Visit the [Falls Prevention for Caregivers](#) webpage.
2. Enter your email address with the popup (to satisfy grant requirements, we'll need to ask you about your distribution of these materials. This includes which forms you downloaded, how they were distributed (paper, electronic newsletter, social media), and how many you distributed. Please track this information to assist us.)
3. Download and distribute the handouts.
  - a. Please be sure to download and print materials whenever possible, noting that the caregivers we surveyed preferred to get their information via paper forms.
  - b. You are also welcome to distribute the information electronically – include in newsletters, share on social media, write a newspaper article and include a handout within the article, or more.
4. In a few months, we'll start gathering feedback and we will reach out to you to get your distribution numbers as well as whether you heard any feedback on the materials (please keep track of this!). In addition, we may have a survey for caregivers that we'll ask you to distribute so they can provide feedback to us on the materials.

We thank you so much for your participation in this project and helping us to reach caregivers and share valuable tips about falls prevention! This information will not only help the caregiver, but also their care recipient.

If you have any questions, please contact [amie.rein@wihealthyaging.org](mailto:amie.rein@wihealthyaging.org)

Thank you for your help!

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