

About Us

You can take steps to reduce your falls risk.

That's what drives us at Falls Free® Wisconsin (FFWI) – a statewide initiative committed to reducing older adult falls. Falls have serious consequences as we age and we aim to provide information, motivation, and resources to help older adults stay independent and remain falls free with the goal of reducing injuries, hospitalizations, and deaths from falls.

FFWI is guided by the Falls Free Wisconsin Coalition and led by the Wisconsin Institute for Healthy Aging.



More Information :



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www.FallsFreeWI.org



Falls Free® Wisconsin



Go Through Our Interactive Home Safety Challenge



Most falls happen at home

Could you identify the hazards? Find out by taking our Home Safety Challenge. In this interactive tour of a real Wisconsin home, you'll search for common things that may lead to a fall and get tips for reducing your risk.



You can reduce your risk of falls - Falls Free Wisconsin can help!

Find printable content to address falls risk factors, planning tools for safety and mobility, quizzes and falls risk screening, relatable stories, access to evidence-based falls prevention programs, videos with balance and strength exercises and more!

Learn About

Visit [FallsFreeWI.org](https://www.fallsfreewi.org) and find information about:

Assistive Devices

Balance & Strength

Footwear

Home Safety

Medications

Prevention Programs

Talking to Others

Vision & Hearing

Your Falls Risk