

About Us

We can all take steps to stay steady, strong, and independent as we age.

Falls Free Wisconsin is a statewide initiative dedicated to building falls resilience and helping older people live active, confident, and independent lives.

With the right information, resources, and support, we can take action to prevent falls and stay strong and steady. Falls Free Wisconsin is here to help—because **falls may be common, but they don't have to be a normal part of aging.**

Falls Free Wisconsin is led by the Wisconsin Institute for Healthy Aging (WIHA).



More Information:



falls@wihealthyaging.org



www.FallsFreeWI.org



We Can Prevent Falls As We Age!



Take the Home Safety Challenge!



Most falls happen at home

Think you can spot the fall hazards? Take our **Home Safety Challenge** and find out! Tour a real Wisconsin home, look for common hazards that can lead to falls, and get simple tips to make your home safer.

www.FallsFreeWI.org



You Can Reduce Your Risk of a Fall – Falls Free Wisconsin Can Help!

Find helpful tools and resources to help you stay safe, strong, and independent. Explore printable tips, safety and mobility tools, fall risk quizzes and screenings, real-life stories, evidence-based falls prevention programs, balance and strength exercise videos, and more!

Your Guide to...

Explore FallsFreeWI.org and learn more about:

Assistive Devices

Balance & Strength

Footwear

Home Safety

Medications

Prevention Programs

Talking to Others

Vision & Hearing

Your Fall Risk