

Standing Strong to Prevent Falls

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Why Falls Matter

- 1 in 4 adults aged 65+ falls each year
- Falls = leading cause of injury, ER visits, and loss of independence
- Annual Medicare cost > \$50 billion
- How have falls affected our lives?

How many of us have fallen in our lifetime?

Falls happen, but they impact us differently depending on our physical condition!



Personal, Practical Solutions

Sandy's Story



Core Program Components

- Group discussion and peer support
- Home safety checks
- Exercises to build leg and core strength
- Weekly action plans
- Problem-solving for fall-risk scenarios

Habits of Fall Prevention

Take Control of Your Health: 6 Steps to Prevent a Fall

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 and exercise program

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



2

Talk to your health care 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.

To learn more, visit ncoa.org/FallsPrevention.

Thank you! Questions?

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