



New Jersey Falls Prevention Awareness Week September 22-29, 2013

Did You Know?

- More than one third of adults 65 and older fall each year in the United States.
- In 2010, more than 22,743 older Americans died due to an unintentional fall, 338 of those in NJ.
- In NJ, each day an average of 194 older adults 60+ are treated in emergency departments or as inpatients due to a fall. (2012: Center for Health Statistics)
- In NJ, 75% of falls admitted as inpatients were 60 or older (2012).
- Falls are the #1 cause of brain injury among older adults.

Falls are a serious public health problem. Falling, and the fear of falling, can lead to depression and hopelessness, loss of mobility, and loss of functional independence.

The Good News is Falls Are Preventable!

- Exercise regularly. It increases strength, flexibility and balance.
- Have your eyes checked by a doctor at least once a year.
- Wear the right footwear. The safest shoes fit your feet, have low heels, non-slip soles, and lace up or are secured with fabric fasteners.
- Make your home safer by removing fall hazards and improving lighting.
 - Remove clutter like loose papers, boxes, wires, and phone cords from walk paths and stairways.
 - Make lights brighter, especially in stairways. Consider a nightlight in the bath, bedroom, and hallways.
 - Install bath grips or grab bars in your tub or shower.
 - Use non-skid liners under rugs. Or, better still, remove all throw rugs.
- Ask the doctor or pharmacist to review your medicines-both prescription and over-the-counter.
 - Many medicines can cause side effects such as weakness or dizziness.
 - Taking four or more medications increases your risk for a fall.

Help make Falls Prevention Awareness Week a success by spreading the word:

FALLS ARE PREVENTABLE!!