Standing Tall Against Falls

Did You Know?
- One in 3 older adults fall each year.
- Falls are the most common cause of hospital admissions for trauma.
- Falls are the leading cause of injury deaths among older adults.

Falls Are Preventable

Here are some things you can do to reduce your risk of falling:

Exercise: Engage in regular physical activity, especially balance and strength-building activities.

Medication: Ask your doctor if medications you take, or alcohol consumption, increase your risk of falling.

Home Safety: Identify and correct falling, slipping or tripping hazards.

Vision: Have regular vision checks.

FIND YOUR FALL RISKS

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<th>NGXQRNARHROSS</th>
<th>IZFVYLERZOUAOF</th>
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Unscramble Your Health

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2. CENALAB________________________
3. ANGWIKL________________________
4. TURTONIIN________________________
5. OVSIINHEKCC_______________________
6. ENAHIRETTES_______________________
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8. RYYLACECEHKGPU__________________

Falls Are Preventable

Are you looking for help building knowledge, strength and balance to prevent falls? Consider enrolling in community-based falls prevention programs like A Matter of Balance: Managing Concerns About Falls or the Otago Exercise Program. For more information or to find a program in your area, go to www.aging.nj.gov or call the NJ Division of Aging Services toll-free at 1-800-792-8820.