

# Fall Prevention Awareness Week

**September 21-27, 2008**

**1 in 3 adults over 65 years old will fall this year.**

**Will you?**

Look for Fall Prevention Awareness Week activities in your area.



Engage in regular balance and strength-building activities.



*Leading the way to  
fall prevention*

**1-800-510-2020**

for fall prevention  
resources and  
services

*Down with Falls  
Coalition activities are  
supported by the  
Archstone Foundation*

Review the effects of medications, diet, and lifestyle with your health care provider.



A safety checklist can help you identify and correct falling, slipping or tripping hazards.

## **Did you know?**

- **Every hour** an older adult dies as the result of a fall
- **1 in 2** have problems getting up without help after they have fallen
- **Half** of older adults who suffer a hip fracture are unable to live independently after the fall

Ask yourself:

- **Are you** over 65?
- Have gait and balance problems?
- Taking 4 or more medications
- Have vision problems?

**Call 1-800-510-2020 for local resources**