

September is

# FALL PREVENTION AWARENESS MONTH

Older adults can take simple steps to be safe from preventable falls at home and in the community.

**SEE THE LIGHT** Stay current with regular eye exams, and use caution when adjusting to new eye glass prescriptions. Use adequate lighting in your home to make night mobility safer. Wearing face masks can be distracting or cause obstructions to your field of vision.

**CREATE SAFE SPACES** Over half of all falls occur in the home. Reduce clutter and select nonslip flooring. Grab bars, stair railings and ramps can help make moving about your home less of a challenge.

**KEEP MOVING** Preventing a fall requires strength, balance, and coordination. Regular exercise can maintain and improve all three. Address physical limitations with appropriate supportive or assistive devices, like a brace, cane or walker. Falls are predictable and preventable – be safe!



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