

## **10 BIG STEPS TO PREVENT FALLS**

According to the Ohio Department of Health:

- “One in four Ohioans 65 and older will fall this year”
- “An older Ohioan falls every minute on average, resulting in an injury every five minutes, an emergency department visit every seven minutes, two hospitalizations every two hours and three deaths each day”
- “One and three Ohioans age 65 and older living in the community fall each year. Yet, less than half talk to their doctors about their risks or history of falls”.

The Ohio Department of Aging, through its STEADY U Ohio falls prevention initiative, will celebrate September 21-25, 2020, as Falls Prevention Awareness Week. During this time they will be offering learning opportunities and personal challenges to help older Ohioans take “10 BIG Steps to Prevent Falls”

Having a fall can be a life altering event. Check out the STEADY U Ohio web page to learn more about Falls Prevention and to register for The BIG Steps to Prevent Falls web-based learning opportunities click on the link below.

<https://aging.ohio.gov/wps/portal/gov/aging/care-and-living/health-and-safety/fall-prevention>

### Calendar of Events

#### Monday, Sept. 21: Know your falls risk factors

- Step 1: Learn about the factors that increase your risk of falling and steps to reduce your risk.
- Step 2: Complete a falls-risk self-assessment and discuss the results with your family and care providers.

#### Tuesday, Sept. 22: Exercises to reduce your falls risk

- Step 3: Learn about exercises and other physical activity that can reduce your risk of falling.
- Step 4: Create a personal exercise plan and try a new exercise.

#### Wednesday, Sept. 23: Fall-proof your home

- Step 5: Learn how to identify and remove falls risks in and around your home.
- Step 6: Complete a home hazard walk-through and checklist.

#### Thursday, Sept. 24: Eat well to prevent falls

- Step 7: Learn how a healthy diet can help lower your risk of falling.
- Step 8: Create a meal plan to prevent falls.

#### Friday, Sept. 25: Talk with your health care providers

- Step 9: Learn how to talk to your doctor and other health care providers about falls.
- Step 10: Complete a medication inventory and discuss it with your health care provider or pharmacist.