

FALL PREVENTION

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For millions of older Americans, falls present a serious health risk. According to the Center for Disease Control and Prevention falls are the leading cause of injury and the most common cause of nonfatal injuries and hospital admissions for traumas in people 65 years and older. Each year in the United States, nearly one third of older adults experience a fall. The majority of falls occur during routine activities.

Most falls can be prevented. There are four things that you can do to help prevent falls from occurring.

1. Exercise on a regular basis.
2. Have your medications reviewed by your doctor or pharmacist.
3. Have your vision and hearing checked on a regularly basis.
4. Make your home safer.

Aultman Hospital Trauma Services has recognized a need in our community for a Falls Prevention Program. We would like to help educate our community to prevent falls from occurring. We have developed this program to help decrease the amount of falls within the community. This program is presented free of charge.

The presentation consists of the following:

1. Risk Factor Assessment
2. A presentation which features strategies to prevent older people from falling including helpful hints such as home modifications to reduce fall hazards, exercise to improve strength and review medications that may affect balance.
3. Open floor discussion.

Please contact Sheree Nuske, RN at 330-363-5827 or by email: snuske@aultman.com if interested in scheduling a Fall Prevention Program.