

Falls Prevention Is A Team Effort

Your Neighborhood

Visit these familiar places in your community to learn how they can help you to prevent falls.

nco FallsFree



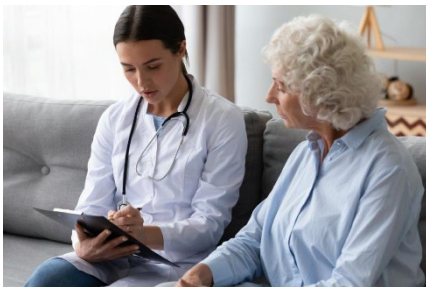
NASHIA Promotes National Falls Prevention Awareness Week -- September 18-24, 2022

Strengthening Community Connections in Falls Prevention

NASHIA joins the National Council on Aging (NCoA), Centers for Disease Control and Prevention (CDC), Administration for Community Living (ACL), and other national and federal partners in observing National Falls Prevention Awareness Week to increase awareness around falls health and injury prevention. This year's theme is **"Strengthening Community Connections in Falls Prevention"** to illustrate that everyone has a role to play to reduce falls risk, including your local neighborhood. NCoA has developed materials and a toolkit to use to help increase awareness. You may access the resources [here](#).

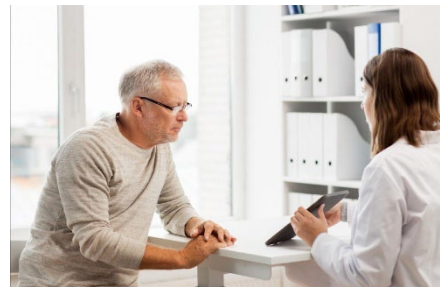
According to the CDC, over 10,000 people in the United States turn 65 every day. Each year, older adults experience 36 million falls. Falls are the leading cause of traumatic brain injuries (TBIs) among older adults in the United States. *What can you do to prevent an injury or if you do fall, to recognize a related-TBI?* Read further for more information.

What Can You Do to Prevent Falling?



Speak up to Prevent a Fall!

Tell your doctor if you have fallen, if you feel unsteady when standing or walking, or if you are afraid you might fall.



What to Watch for After a Fall

If you know that someone has fallen and has hit his or her head, then you may want to encourage him or her to see a doctor, especially if the person loses

Tell your **doctor if you hit your head after a fall.**

Ask your doctor or pharmacist to **review the medicines you take.** Some medicines might make you dizzy or sleepy which can increase your risk of falling.

Have an eye doctor **check your eyes** at least once a year and update your eyeglasses as needed.

Have your doctor **check your feet** at least once a year and discuss proper footwear to reduce your risk of falling.

Ask your doctor about health conditions like depression, osteoporosis, or hypotension that can increase your risk for falling.

Other prevention strategies:

* **Exercise** to make your legs stronger and to improve balance.

* **Make your home safer**, by getting rid of throw rugs and clutter; improve lighting; and installing handrails on both sides of staircases, and grab bars in bathrooms.

consciousness or shows signs of confusion or memory loss. While not every head injury requires a trip to the emergency department, if you or another person falls and presents the following symptoms, then seek medical attention if there is:

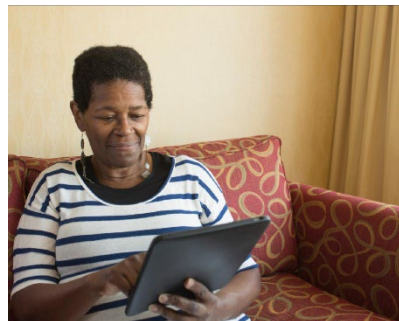
- Loss of consciousness at the time of the injury;
- Confusion or disorientation after the injury;
- A headache along with nausea and/or vomiting; or
- Evidence of deteriorating mental status.

Once reported, the doctor will evaluate signs and symptoms, review medical history and may conduct or recommend a neurological examination. Remember that signs and symptoms of a concussion from a fall may not appear until hours or days after the injury.

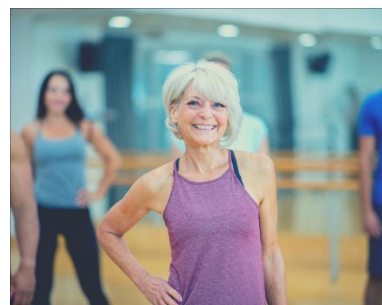
A person should avoid using drugs or alcohol, driving, or playing contact sports after a head injury. Learn more about symptoms [here](#).

New Materials

Falls Free Checkup -- CDC has partnered with [CDC Foundation](#) and NCOA to create an **online** interactive [Falls Free Check Up screener](#) based on CDC's [STEADI Stay Independent](#) brochure. Older adults or caregivers and healthcare providers (on behalf of an older adult) answer 13 simple yes or no questions to get a result of either normal fall risk or high fall risk.

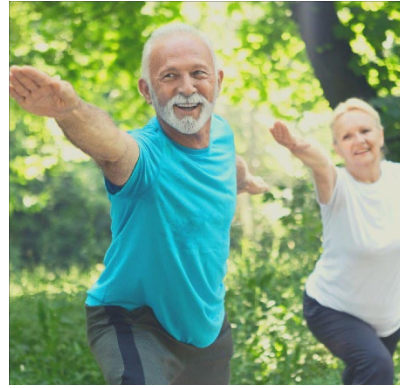


Still Going Strong -- Injuries from falls are more common as we age. The [Still Going Strong](#) campaign offers simple tips and resources for older adults (age 65 and older), caregivers, and healthcare providers to prevent these injuries from happening. Feel free to share [Still Going Strong](#) campaign [resources](#) and help older adults stay healthy and independent longer.



Other Publications

In May 2022, CDC published an article in the *American Journal of Lifestyle Medicine*, [Older Adult and Healthcare Provider Beliefs About Fall Prevention Strategies](#). Increased patient and provider communication can increase older adults' awareness of the benefits of evidence-based strategies, such as Tai Chi, strength and balance exercises, and medication management.



The National Association of State Head Injury Administrators assists State government in promoting partnerships and building systems to meet the needs of individuals with brain injuries and their families.

Support States. Grow Leaders. Connect Partners.



National Association of State Head Injury Administrators | www.nashia.org

National Association of State Head Injury Administrators | PO Box 1878, Alabaster, AL 35007