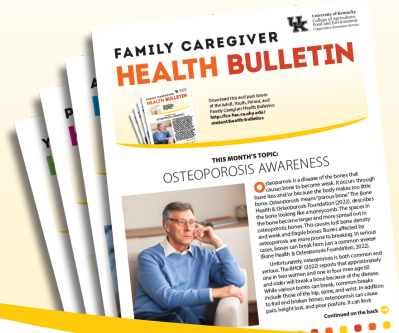


FAMILY CAREGIVER HEALTH BULLETIN



SEPTEMBER 2025

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THIS MONTH'S TOPIC FALL PREVENTION



Sept. 22-26 is Fall Prevention Awareness Week. This nationwide week reminds us that falls among older adults is a public health crisis. According to the Centers for Disease Control and Prevention, 1 in 4 older adults age 65 and older fall each year. Falls are the leading cause of serious injury. They include fractures and head trauma, as well as emergency room visits and even injury-related death. Falls impact independence and quality of life. They give rise to a fear of falling and can reduce active living as a result. Falls are also associated with significant financial burden and rises in health care costs.

It is important to talk about falls because they are preventable. Many groups, like the CDC have initiatives and evidence-based falls prevention programs to help address

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**Fall-proofing your home
(decluttering, better lighting,
properly installed grab bars
and handrails, non-skid
slip mats and rugs, keeping
essential items in easy-to-reach
places) can help prevent falls.**

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fall risk and promote prevention. For example, STEADI (Stopping Elderly Accidents, Deaths and Injuries) is a national initiative aimed at preventing falls among community-dwelling adults 65 years and older, <https://www.cdc.gov/steady>. Bingocize® is a 10-week workshop that combines the game of Bingo, exercise, and health education, including fall prevention. It can be played in-person or remotely. A Matter of Balance is an eight-week program that aims to reduce fear of falling and increase activity levels. CAPABLE (Community Aging in Place — Advancing Better Living for Elders) is a five-month program that uses occupational therapists, nurses, and handymen who provide home modifications. To explore a full list of evidence-based programs proven to help older adults reduce the risk of falling, go to the National Council on Aging at <https://www.ncoa.org/article/evidence-based-falls-prevention-programs>. You can also call your local County Extension Office to see what they are doing to prevent falls in your community.

Key strategies to help prevent falls, according to the Mayo Clinic and NIH include:

- Regular physical activity
- Balance and strength training
- Fall-proofing your home (decluttering, better lighting, properly installed grab bars and handrails, non-skid slip mats and rugs, keeping essential items in easy-to-reach places)

- Medication management (review medications, understand side effects)
- Regular vision and hearing tests
- Wear sensible, properly fitting, sturdy, flat shoes with non-skid soles
- Stand up slowly
- Stay hydrated
- Eat a well-balanced diet and nutritious foods
- Limit alcohol consumption
- Stay active and engaged
- See a health-care provider regularly

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