

Falls Prevention Day - November 22, 2006



Preventing Falls Together

- One in three seniors in Nova Scotia will fall this year.
- Falls cause 90% of hip fractures in seniors in NS.
- One in four seniors who fall will lose some of their independence.
- Seniors who have been injured in a fall are 3 times more likely to be admitted to a nursing home.
- There is good news too: many falls are preventable!

Preventing Falls Together is a program of Community Links funded by Nova Scotia Health Promotion and Protection. The purpose is to help volunteers and organizations work with seniors to prevent falls at home and in the community.

November 22 is Falls Prevention Day in Nova Scotia. Please take action to make your home, community, and place of worship safer for all by reducing the risk of falling.

For more information or to become involved with your local coalition contact the Preventing Falls Together staff:

Program Coordinator:

Carol McAllister (902) 576-2420 coordinator@preventingfallstogether.ca

Western NS: Carla Malay 682-2090 nswest@preventingfallstogether.ca

Eastern NS: Susan King 539-6098 nseast@preventingfallstogether.ca

www.preventingfallstogether

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Celebrate Falls Prevention Day! Create a Safer Home

In the Kitchen

- Store frequently used items in lower cabinets.
- If you must climb use a sturdy step stool with a safety rail. Never stand on a chair!
- Wipe up any spills immediately.

On the Stairs

- Properly install handrails on both sides and use them.
- Take your time going up and down.
- Ensure stairwells are well lit and in good repair.
- Remove loose carpeting and mats from stairs and landings.

In the Bathroom

- Install grab bars and non-slip mats in the tub and shower.
- Wipe up any moisture immediately.

Living Room

- Eliminate scatter mats.
- Make sure electrical cords are out of the way.
- Remove clutter.
- Leave generous space to walk about.

Other Falls Prevention Ideas

- Wear safe footwear all day. Sneakers are best!
- Increase your physical activity.
- Eat a balanced diet to maintain strength.
- Monitor your sight and hearing.
- Know the side effects of your medications.

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