



# Stay Healthy and On Your Feet

Free fall prevention webinars

**The National Council on Aging's Fall Prevention Awareness Week is September 21<sup>st</sup> – 25<sup>th</sup>.**

In support, Providence experts will offer free educational webinars on how to reduce your risk of falling. Learn how your medications, footwear, and home environment can keep you safe and on your feet.

Webinars will also include a short introduction to Tai Chi. Tai Chi offers multiple health benefits. Regular Tai Chi has been shown to reduce the risk of falling by 50%. It is also a great way to improve strength and flexibility.

Attend for yourself or someone you love.

Personal medical advice will not be given. Exercise participation is at your own risk.

**Wednesday, September 16<sup>th</sup>, 1 p.m.—3 p.m.**

**Tuesday, September 22<sup>nd</sup>, 10 a.m.—12 p.m.**

**Thursday, September 24<sup>th</sup>, 11 a.m.—1 p.m.**

**Webinars are free.** Online access to handouts are available by registering:

- Visit [providence.org/classes](http://providence.org/classes) or
- Call 503-574-6595 or 800-562-8964

## Fall Prevention Week Community Partners



Senior Services Division

# Stay Healthy and On Your Feet

## Six steps to reduce your fall risk

An older adult falls every second of every day and the result can be devastating. More than 95% of hip fractures are caused by a fall. However, there are simple steps you or a loved one can take to reduce your risk. Stay safe with these tips!

- 1 Find a good exercise program to build balance, strength and flexibility.**

If you need help, start by working with a Physical Therapist. To learn more about Tai Chi and fall prevention classes check out your local community or senior center or Providence's Free Strong For Life: <https://oregon.providence.org/our-services/s/strong-for-life-exercise-program/>


- 2 Talk to your health care provider**

Share your worries about falling or if you have fallen. Ask for an evaluation of your fall risk.


- 3 Regularly review your medications with your doctor or pharmacist**

Certain drug side effects can increase your risk of falling. Even over the counter drugs, like Benadryl or Tylenol PM have been linked to falls. Take any medication only as prescribed.


- 4 Take care of your ears and eyes**

Get your vision and hearing checked every 1-2 years and keep your eyeglass prescription current. Your eyes and ears help keep you balanced.


- 5 Keep your home safe**

Now more important than ever, make sure to remove tripping hazards, such as throw rugs; increase lighting; make stairs safe; and install grab bars in key areas. You may qualify for a home safety assessment from an Occupational or Physical Therapist.


- 6 Talk to your friends and family members**

Enlist their support in taking simple steps to stay safe. Falls are not just an issue for seniors.

