

One in three older adults **falls** each year. Many falls lead to broken bones and other health related problems. Every 15 seconds **an older adult** is seen in the ER for a fall related injury.

WHAT TO DO:

- STAY PHYSICALLY ACTIVE
- HAVE YOUR EYES AND HEARING TESTED OFTEN.
- BE AWARE OF SIDE EFFECTS TO YOUR MEDICINES
- BE AWARE OF WHERE A SMALL PET MIGHT BE
- GET ENOUGH SLEEP - MORE LIKELY TO FALL WHEN SLEEPY
- LIMIT THE AMOUNT OF ALCOHOL YOU DRINK
- STAND UP SLOWLY AFTER EATING, LYING DOWN OR SITTING.
- BE CAREFUL WALKING ON WET SLIPPERY SURFACES
- WEAR RUBBER-SOLED, LOW HEELED SHOES
- ALWAYS TELL YOUR DOCTOR IF YOU HAVE FALLEN

GREEN VALLEY PREVENTION PROGRAMS:

- SHIM THROUGH THE FIRE DEPT AND VALLEY ASSIST SERVICES
- MATTER OF BALANCE CLASSES BY PCOA
- GET A CALL EVERY MORNING BY TELECARE
- WELFARE CHECK BY PIMA COUNTY SHERIFF'S DEPT
- LOCK BOX FOR YOUR HOME BY GREEN VALLEY FIRE DEPT