

What you can do to prevent falls



Medical Management:

Review the effects of medications, diet, and lifestyle with your health care provider.



Balance & Mobility:

Engage in regular balance and strength building activities; complete exercises as instructed by your physical therapist.



Home Safety:

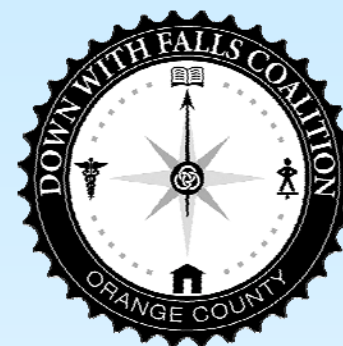
A safety checklist can help you identify and correct falling, slipping or tripping hazards.



The source for fall prevention solutions in Orange County.

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Leading the way to fall prevention



1-800-510-2020

Mission

To raise community awareness of fall prevention in Orange County by promoting comprehensive strategies to reduce the risk of falling

Coalition History

With support from the Archstone Foundation, in 2005 the Coalition began organizing various activities to bring health professionals and service providers together, including the collection of an older adult and service provider needs assessment and the development of a strategic plan.

Who we Serve

Anyone in Orange County needing fall prevention services

Fall Facts

- **Every hour** an older adult dies as the result of a fall
- **1 in 3** fall each year
- **5 in 10** have problems getting up without help after they have fallen
- **Half** of older adults who suffer a hip fracture are unable to live independently after the fall
- **2 in 10** will fall during the first month after coming home from the hospital
- **Risk factors** include: being over 65, gait and balance problems, taking 4 or more medications, and vision problems

Services

- Information and resources
- Education materials
- Workshops and presentations
- Training for professionals
- Community events
- Advocacy



Call **1-800-510-2020** to get more information on how the Down with Falls Coalition can help you.