



**Preventing Falls...
One Step at a Time**

STEADY U Ohio Partner Newsletter

September 2018

Please use the following in your September newsletters and outreach.

Let's Talk About Fall Prevention

A single fall can change a loved one's life significantly and make her less independent and more reliant on others. You want to help but find she doesn't want to talk about the subject. Falls also affect family members and others, so you need to find a balance between ensuring your loved one's safety and respecting her right to make her own decisions.

Bring the topic up frequently and be persistent, but respectful. If she says she doesn't want to talk about it, that's OK. Let it go for the time being, but bring the topic up again, soon.

Start the conversation by assuring her that falling is not a normal part of aging. While many age-related factors increase risk, most falls can be prevented. Share stories of others you know who have fallen and ask open-ended questions like: "What could he have done to prevent that fall?"

Talk to your loved one about remaining healthy and active. That includes eating nutritious meals and drinking plenty of non-alcoholic fluids, along with physical activity to maintain strength, flexibility and balance. Find activities you enjoy together and volunteer to exercise with your loved one.

Look around your loved one's home for common falls risks and talk about how to remove them. Look for rugs and poorly lit areas first. Rearrange kitchens, bathrooms and closets to minimize bending and stretching. Encourage the use of canes or walkers and make sure they are adjusted properly. Discuss more substantial changes, like adding grab bars to the bathroom, second railings to stairs and extra lighting.

Visit www.steadyu.ohio.gov to find more tips and resources for this crucial conversation.

Social Media

Facebook: Let's talk about fall prevention. Find tips and resources from STEADY U Ohio. #PreventFalls www.steadyu.ohio.gov

Twitter: Find tips and resources from @SteadyUOhio to discuss fall prevention with loved ones. #PreventFalls. www.steadyu.ohio.gov



Tia's Touch-Base

Falls Prevention Awareness Day is September 21 this year and we are again hosting our "10 Million Steps to Prevent Falls" campaign. Plan a walk with staff, seniors, and other members of your community to raise awareness about older adults falls. This could be as simple as a mile long walk during lunch or you could organize a group walk and a health fair and invite vendors to come share information related to older adult health and wellness. If you need more information or help with planning, please feel free to contact me at tgulley@age.ohio.gov.



Communications Corner

When my neighbor Lena fell and was in the hospital, her family made changes to her home to help her be safer. Lena was **furios**, not grateful. It is crucial that changes to someone's home be done only with her knowledge and consent. It may not be easy, but persistently and respectfully discussing the topic will ensure your loved one's safety while respecting her independence.

Quick Links

www.steadyu.ohio.gov

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