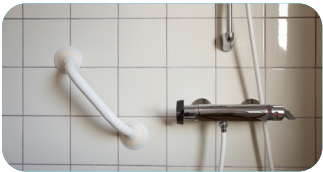




SEPTEMBER IS FALL PREVENTION AWARENESS MONTH

Falls are the leading cause of injury among older adults, threatening your safety and independence, and often coming with steep financial and personal costs.

The good news: simple lifestyle changes can greatly lower your risk.



Clear hazards:

Remove tripping hazards (cords, rugs, clutter) and add grab bars, non-slip mats, and stair traction strips.



Reduce reaching:

Store frequently used items within easy reach. Avoid stepladders, chairs, or overstretching.



Improve lighting:

Light your home well and add night lights in bedrooms and bathrooms.



Wear the right shoes:

Choose snug, non-skid shoes with room to scrunch your toes, and pick up your feet when walking.



Check vision & hearing:

Get annual checkups and keep your eyeglass prescription current — both are key to balance.



Have a safety net:

Consider a medical alert device or watch for quick emergency access.



Review medications:

Discuss your medication list with your doctor yearly and keep it updated for emergencies.



Stay active:

Exercise regularly to build strength and balance, eat well, and stay hydrated.

Ask about our free Fall Prevention Program: exercises, education, and in-home safety assessments for adults 60+ in Contra Costa County.

Proudly serving Contra Costa County since 1968



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