

Falls Prevention Awareness week is September 21, 2020 to September 25, 2020

Each year, 1 in 4 Americans over the age of 65 have a fall. More than 2.8 million older adults are treated in emergency departments annually because of a fall, resulting in over 800,000 hospitalizations.

Falls are common, but not a normal sign of aging. Regular exercise improves leg muscle strength and balance to reduce your risk for falls.

In an effort to raise awareness on falls prevention, the Massachusetts Executive Office of Elder Affairs has set a statewide goal to collectively achieve a total of 2.5 million steps in the name of falls prevention.

Join Tri-Valley staff to take a walk in the name of falls prevention anytime throughout the month of September. You can use your own step counter or count each mile as 2,500 steps. Family & pets are welcome to join in. Remember to wear yellow!

Share your results, comments and/or photos on social media using [#MASteps2PreventFalls](#).

Check out our Facebook & Instagram pages for Falls Prevention photos & videos!

Thank You for Joining us in Falls Prevention Awareness!

FALLS PREVENTION IS A TEAM EFFORT

FAMILY & FRIENDS

Ask family and friends to help check and rid your home of falls hazards.

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DOCTOR

Talk to your doctor about falls, especially if you have fallen, have a fear of falls or are unsteady on your feet.

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RESOURCES & TIPS FOR YOU

[Debunking Myths of Older Adult Falls](#)

[My Mobility Plan](#)

[Checklist for Safety](#)

[Osteoarthritis and Falls](#)

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Contact Us



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