

Falls Prevention for Older Adults

September 18 - 24, 2022 is Falls Prevention Week

Many falls can be prevented. Use these tips to stay safe.

OLDER ADULTS:

Reduce Your Risk of Falling.

www.cdc.gov

1. Talk to your doctor.
2. Keep moving.
3. Remove clutter.

Ask your care provider to assess your risk of falling.

Find a program you like that will help you maintain or gain balance and strength. Contact your local [Agency on Aging](#) for more information on programs in your area.

Install grab bars in essential areas. Remove trip-hazards and increase lighting throughout your home to improve safety.

For more information please visit the National Council on Aging's Falls Prevention page.

Share any recent falls with your care provider.


Talk with your family members. Recruit their support in taking manageable steps for home safety. Have your vision and hearing evaluated annually.

Update the prescription for your eyeglasses as needed.

Falls are Preventable.

 Speak up.

 Keep moving.

 Check your eyes.

 Make your home safer.

www.cdc.gov

STEADI Stopping Elderly Accidents, Deaths & Injuries

NCOA Falls Prevention



National Grandparents Day

Celebrate Sunday, September 11th and do something grand!

Grandparents Day celebrates the important role grandparents play in our families. The [Central Massachusetts Family Caregiver Support Program](#) is available to help grandparents or other relative caregivers (not parents) age 55 or older who are raising grandchildren. Our Caregiver Specialist can help grandparents access information, services, education, and support.

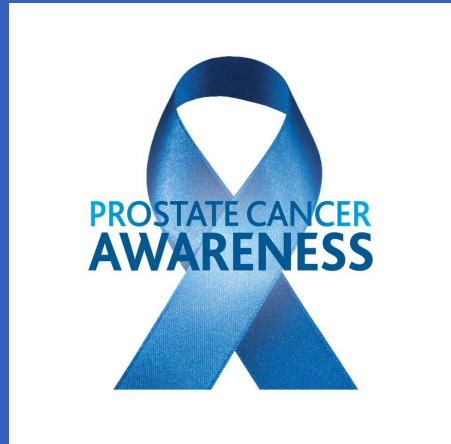
Caregiver Scholarship Funds are available to provide financial assistance with expenses related to raising grandchildren, such as sports sign-up fees, equipment, activities, summer camp, school supplies, and more!

If you could use some support, please reach out to Jackie W., Caregiver Specialist at Tri-Valley, Inc. We serve 25 towns in south central Massachusetts and look forward to making a connection with you!

Prostate Cancer Awareness Month

Prostate cancer is a common cancer in American men. Approximately 1 in 8 men will be diagnosed with prostate cancer at some point in their lifetime. Knowing your family history along with other risk factors can help you decide if it's the right time to discuss options for screening with your doctor.

For more information please visit the CDC's website linked below or talk with your doctor.



[CDC Website:Prostate Cancer Awareness](#)



How do you celebrate Labor Day?

Whether it's hosting a barbeque, marching in a parade, or shopping the sales rack, Labor Day has become the most common paid holiday in the USA.

However you choose to celebrate, recognize the hard work and many contributions you and all workers have made throughout the years.

Happy Labor Day!

Free At-Home COVID Tests Available

If you are in need of at home Covid-19 tests please call the main line with this information:

- *How many tests*
- *Name of the contact person for pick up*
- *Date and Time for pick up*

Tri-Valley, Inc. 508-949-6640 or 1-800-286-6640

Resources and Tips to Help You

- [Caregiver's Guide in English or Spanish.](#)
- [Labor Day Weekend Activities](#)
- [Tri-Valley, Inc's Event Calendar](#)

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Donate
Today

Contact Us

