

Newsletter—July 2013



Fall Risk Reduction

If you are over 65 there is an over 40% chance that you will experience a fall this year.. How big is the problem? In 2010 over 4,700 people were seen in Moore Regional Hospital emergency room for fall related injuries—one of every nineteen residents..

What can be done to reduce your risk of falling? Address the six areas listed below.:

1. Schedule regular appointments with your doctor . During the appointments discuss your fall risk.
2. Keep physically active with a mix of aerobic, flexibility, and weight training.
3. Wear sensible shoes. Check your shoe size, which can change with age.
4. Remove home hazards—throw rugs, cords, and clutter. Add grab bars in the bath.
5. Light up your living space. Consider night lights, illuminated switches, and motion detector lights.
6. Use assistive devices—handrails for both sides of the stairs, raised toilet seats, non-slip treads for stairs, and walkers or canes.

HomeChoice Network can provide a speaker, free of charge, for your organization or club to address fall risk reduction . Please contact us for details.

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