



## **Falls Prevention Awareness Day**

Falls Prevention Awareness Day occurs every September on the first day of Fall.

### **How Master Trainers around the country have helped to raise awareness:**

- Work with local first responders to give out fall prevention materials to leave behind after a call
- Invite first responders to local events and look at reasons why a fall happened during a call
- Work with Emergency Departments/Trauma to educate and refer clients to local programs
- Work with Age Friendly local movements to share education materials (from [STEADI](#) )
- Work with transportation partners to share education materials (from [STEADI](#) )
- Get press coverage in local news
- Join first responders in Educational presentations
- Many local and state proclamations were obtained
- Library events/materials were held throughout the fall to raise awareness
- Local/State Fairs have resources available
- Balance Screenings with local partners (hospitals, PT/OT practices, Pharmacy, Exercise Physiology, Universities)
- Magnets with tips for falls prevention
- Share a success story
- Work with home delivered meals (placemat or 6 steps to prevent a fall)
- Partner with an aging in place specialist
- Have event at senior living facilities/senior centers
- Presentations at Faith Based communities
- Hand out fall prevention information to local health providers
- Work with state and local fall prevention coalitions to share events and news
- Present to support groups: Parkinson's, Stroke.....
- Have a falls summit with many presenters from PT, OT, Pharmacist, Trauma Providers
- Have an information table at State/City Hall



- Share information through University Extension partners, train them to be coaches
- Create games: crossword puzzle, bingo, jeopardy and have prizes donated for groups
- Exercise and Tai Chi demonstrations
- Tackle food insecurity during classes by partnering with local food banks

**Please check out the valuable resources available on the National Council on Aging Website:**

<https://www.ncoa.org/healthy-aging/falls-prevention/falls-prevention-awareness-day/>

See what has been offered by the numerous sites around the country that participated in events in 2018 which are included in the Falls Prevention Awareness Day 2018 Impact Report; get inspired: <https://www.ncoa.org/healthy-aging/falls-prevention/falls-prevention-awareness-day/past-falls-prevention-awareness-day-activities/past-activities-impact-reports/>