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## Fall Prevention Kits Available to Family Caregivers

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Older adults (those 65 years and older) have double the number of injuries than the rest of the population. Changes to vision, hearing, muscle control, and coordination make older adults more prone to injuries. Falls affect 1 in 3 older adults each year and are the number one reason for injury deaths.

### Common reasons for falling are:

- Having problems walking or moving around
- Taking 4 or more medications
- Having foot problems and wearing unsafe footwear
- Experiencing dizziness due to a sharp drop in blood pressure when standing up
- Developing vision problems
- Having tripping hazards in your home (throw rugs, electrical cords, thresholds)

June is Home Safety Month. How safe is your loved one's home from falls?

The Orange County Office on Aging at **1-800-510-2020** has fall prevention kits available for family caregivers at no charge. The kits can help a caregiver assess the severity of their loved ones fall risk, monitor fall history, and strategies to make the home safer.

### The kit includes:

- Stay Balanced Exercise Guidebook
- My Health Booklet
- How to Get Up After a Fall Handout
- Home Safety Checklist
- Fall Risk Assessment Handout
- Nightlight
- Information Brochures
- Office on Aging Refrigerator Magnet
- Canvas bag

Call the Orange County Office on Aging's Information Specialists at **1-800-510-2020** or **1-714-567-7500** to request a fall prevention kit and learn about local fall prevention resources. The Office on Aging Information and Assistance Specialists also have information on all programs and services for older adults in Orange County, including in-home assistance, transportation, caregiver support, counseling, residential facilities, and meal programs.