

## Falls Prevention York County



A MATTER OF  
**BALANCE**

MANAGING CONCERNS ABOUT FALLS

This nationally recognized program is designed to help you manage falls and increase activity levels. It is offered at community locations throughout York County.

For additional information, contact:

York County  
Area Agency on Aging  
717-771-9610  
1-800-632-9073  
or  
York City Bureau of Health  
717-849-2299

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## Are YOU at risk?

### Contact your Primary Care Provider

#### Falls Free Coalition Partners

Drayer Physical Therapy

Hanover Hospital

Hanover Hall Nursing & Rehabilitation Center

HealthSouth Rehabilitation Hospital of York

Memorial Hospital

OSS Health

SpiriTrust Lutheran

WellSpan Health

York City Bureau of Health

York College of Pennsylvania

York County Area Agency on Aging

York County Coroner's Office



FALLS FREE®

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## Falls Free Coalition of York County 2015



FALLS FREE®

### Mission:

Partnering with the  
community to  
increase fall  
prevention  
awareness for York  
County adults

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# Falls - Get the Facts

- Falls are a largely **preventable** public health problem
- One out of three older adults (aged 65 and older) falls each year but less than half talk to their healthcare providers about it
- 20-30% of people who fall suffer moderate to severe injuries such as lacerations, hip fractures, and head traumas



- Fall injuries make it hard to get around or live independently and increase the risk of early death



- In 2013, about 25,500 older adults died from unintentional fall injuries



## What can YOU do?

- Exercise regularly and focus on increasing leg strength and improving balance
- Ask your doctor or pharmacist to review your medications
- Have your vision checked at least yearly
- Make your homes safe
- Wear proper fitting shoes

## Factors that Increase the Risk of Falls

- Walking and/or balance impairment
- Medical conditions
- Medications
- Vision or hearing impairments
- Muscle weakness
- Cognitive impairment and/or confusion
- Inadequate diet/exercise
- Environmental hazards
- Age

## The Fall Cycle

