

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

York City Bureau of Health
717-849-2299

WellSpan Health York Hospital Hotline
717-851-3082

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 Coalition of York County



Mission:

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

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 nationwide 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

