

Actions You Can Take To Prevent Falls Today

1. Exercise! Focus on strength and resistance training.

The Healthy Aging Association offers Young At Heart Fitness Classes to help build strength, flexibility and balance, call **(209) 525-4670** to start exercising this week.

2. Wear proper footwear

Find shoes that will not cause you to slip or trip by making sure they are supportive, have a strap to secure the ankle and do not have a heel.

3. Have your vision and hearing checked regularly.

It is recommended that you get your vision and hearing checked at least once a year.

4. Talk with your doctor & review medications.

Always tell your doctor if you have experienced a fall since your last check up. Review your medications with your doctor or pharmacist to discuss potential side effects.

5. Evaluate your home

Use a "Home Safety Checklist" to assess your home and reduce fall risks. Contact **(209) 525-4670** to receive a checklist in the mail.

For All Your Fall Prevention Needs!

Outreach, in-home assessments, and education provided by:

Healthy Aging Association
(209) 525-4670

www.healthyagingassociation.org

Installation of injury prevention accessories provided by:



Home Safety Services
www.homesafety.net

Funding provided by:

Stanislaus County Area Agency on Aging



U.S. Department of Housing and Urban Development (HUD)



We have resources for ALL!

If you are in need of fall prevention resources or group presentations on fall prevention, please call (209) 525-4670 to get resources to help you prevent falls.

Online Resources
www.cdc.gov/steady
www.ncoa.org

January 2025

Take Action to Prevent Falls Today!



Aging in Place - Dignity At Home Fall Prevention Program Purpose
to reduce the number of debilitating falls suffered by older adults in Stanislaus County.

www.aging.ca.gov

For fall prevention education or for additional information call
(209) 525-4670

healthy.aging2000@gmail.com
www.healthyagingassociation.org/preventfalls

Dignity At Home Program Guidelines

Requirements for 2024-2025

1. **At least 60 years of age**
2. **Have had a fall or at risk for falling.**

**To start the process
to determine your fall risk call
Healthy Aging Association at
(209) 525-4670**

Did You Know?

- More than 1 in 4 older adults fall each year.
- Most falls occur in or around the home.
- 1 in 5 falls result in serious injuries such as broken bones, a head injury, or even death.
- Falls are preventable!

FALLS ARE PREVENTABLE!

The Dignity At Home program provides home assessments, fall prevention education, and injury prevention accessories to qualifying individuals 60 and older or persons with disabilities who are at risk of falling in Stanislaus County.

Dignity At Home Process With Healthy Aging Association

- The Healthy Aging Association will schedule a fall hazard assessment in your home addressing potential dangers such as throw rugs, adequate lighting, clear passage ways, and bathroom safety.
 - Based on the assessment, Home Safety Services may install fall prevention accessories, provided through the Dignity At Home Program.
- Education on other ways to prevent falls and programs to reduce the likelihood of falling will be included during the assessment.



Potential Injury Prevention Accessories

Toilet Safety Frame (Handles)

Toilet Seat Riser

Bath Bench

Shower Chair

Grab Bars

Non-Slip Bath Mat

Removable Shower Head

