



**Western Reserve**

Area Agency on Aging

## Falls Awareness & Prevention

As we age, the risk of falling becomes a significant concern, carrying potential consequences that can greatly impact our quality of life. In fact, falls are a leading cause of injury among older adults, often resulting in fractures, hospitalizations, and a loss of independence. However, awareness and proactive prevention can reduce these risks.

One of the most effective strategies to prevent falls involves **maintaining physical activity**. Regular exercise strengthens muscles, improves balance, and enhances coordination, all of which are crucial in preventing falls.

- Simple activities such as walking, chair yoga, tai chi, or specialized balance exercises can make a substantial difference in reducing your risk of falls.
- Western Reserve Area Agency on Aging (WRAAA) provides supportive wellness programs, including the evidence-based program, *A Matter of Balance* (MOB).
- MOB is designed to increase activity levels and reduce the fear of falling among participants.

In addition to physical fitness, the **home environment** plays a critical role. Ensuring that living spaces are free of tripping hazards—such as loose rugs, clutter, and poor lighting—can dramatically reduce the likelihood of falls.

- Consider getting assistance to install grab bars, shower seats, handrails, bright lightbulbs, and non-slip mats to enhance safety in your home.

You may also want to consider reorganizing a few items in your home to **ensure easy access**.

- For example, place everyday kitchen items such as plates, glasses, or seasonings on the lowest shelves and store other frequently used items between waist and shoulder height. This will help you avoid using stepstools or chairs, which can cause you to lose your balance when reaching for items on higher shelves.

Having **regular health check-ups** can identify issues like vision problems or medication side effects that might increase fall risk.

- WRAAA offers EyeSense vision screenings and the MyMeds Ohio medication management program. By addressing these factors, older adults can maintain their independence and age in place safely.

You may think, "Falling happens to other people, not me." But in reality, one in four older adults experience a fall every year in the United States. This month, take the time to invest in your health and home safety to prevent falls and reduce your risk of injury. See our list of programs related to falls prevention on the following page. For more information about the programs mentioned in this article, contact WRAAA Community Outreach at 216-539-9209 or email [fperkins@areaagingsolutions.org](mailto:fperkins@areaagingsolutions.org).

*Advocacy. Assistance. Answers on Aging and Disabilities.*



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## Related WRAAA September Wellness Programs

<b>Date</b>	<b>Event</b>	<b>Location</b>	<b>Address</b>	<b>Time</b>
Tuesday, September 3	Matter of Balance	Knickerbocker Senior Apartments	27100 Knickerbocker Rd, Bay Village, OH 44140	12:30PM – 2:30PM
Wednesday, September 4	Home Matters	Fairhill Partners	12200 Fairhill Rd., Cleveland, OH 44120	12:00 PM – 2:00PM
Tuesday, September 10	Matter of Balance	Knickerbocker Senior Apartments	27100 Knickerbocker Rd, Bay Village, OH 44140	12:30PM – 2:30PM
Tuesday, September 17	Matter of Balance	Knickerbocker Senior Apartments	27100 Knickerbocker Rd, Bay Village, OH 44140	12:30PM – 2:30PM
Tuesday, September 24	Matter of Balance	Knickerbocker Senior Apartments	27100 Knickerbocker Rd, Bay Village, OH 44140	12:30PM – 2:30PM
Thursday, September 26	Vision Screening	Euclid Beach Villa Apartments	125 E. 156th, Cleveland, OH 44110	11:00AM – 1:00PM

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