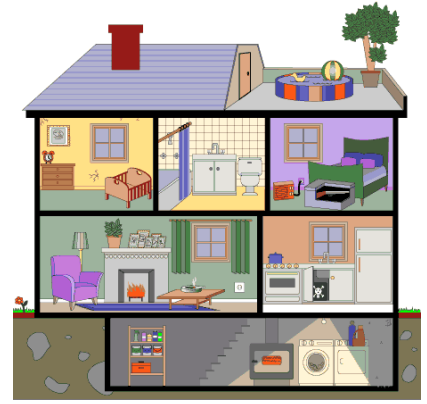


SAFE STEPS

Hands-On Ways to Prevent Falls and Create a Safer Home



Falling is a serious issue. One in every three adults over age 65 will fall at least once every year, most often in their own homes. Many will be hospitalized or sustain serious injury after a fall. But new research indicates falls can be prevented. This educational program is intended for older adults and their caregivers to learn how to reduce their risk of falling.

Participants will:

- Review research about falls from Yale University Connecticut Collaboration for Fall Prevention.
- Complete a *Safe Steps* Home Safety Assessment.
- Learn how wearing proper footwear, having regular vision and hearing checks, exercising regularly and evaluating your medication use are all important steps to staying healthy and safe.
- Review home care technology that can “fall-proof” homes.
- Learn simple balance exercises that can be done right at home.
- Enter a FREE raffle for a Sentina LED Rechargeable Light (\$25 value).

This program can be made available free-of-charge to groups of older adults and their caregivers. For more information or to schedule a date, contact Elaine Abrams, RN, MPH, Community Health Coordinator at Visiting Nurse & Hospice of Fairfield County at (203) 762-8958.

Visiting Nurse
& Hospice
of Fairfield County 

Formerly Nursing & Home Care and Mid-Fairfield Hospice