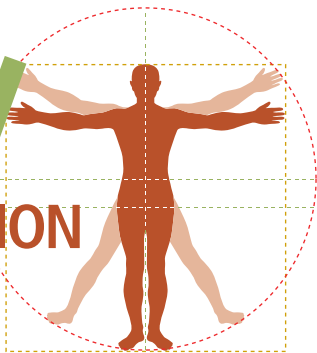


Ventura County

Fall PREVENTION Program



FALL FACTS:

- One out of three older adults (those aged 65 or older) falls each year, but less than half talk to their healthcare providers about it.
- Every half hour an older adult dies as the result of a fall.
- Most falls occur at home.

WE ARE HERE TO HELP YOU STAY SAFE IN YOUR HOME!

RISK FACTORS:

- Over 65 years of age
- Poor balance and strength
- Taking 5 or more prescription medications
- Vision impairments
- Environmental hazards

Please call **805-477-7343** or email fall.prevention.program@ventura.org for more information on how we can help you.



What can you do?

TO MAKE YOUR HOME SAFER:

- Remove tripping hazards (i.e. shoes, papers, pet toys)
- Home modifications (i.e. grab bars)
- Use non-slip rubber mats in tub or shower.
- Remove throw rugs or tape them in place.
- Move furniture and clutter to create clear pathways.
- Increase lighting.

TO HELP YOURSELF PREVENT FALLING:

- Stay as physically active as you can – build your balance, strength and flexibility
- Review your medications with your healthcare provider
- Keep your healthcare providers informed of any falls or hospital visits
- Get your vision checked regularly and update your eye-glasses when needed
- Keep your family and friends informed – ask for help when you need it

HOW CAN THE FALL PREVENTION PROGRAM HELP?

- Home Safety Assessments
- Information, Resources and Referrals
- Education
- Workshops and Presentations
- Advocacy

Funded by the County of Ventura



If you check off these items, you will make yourself and your home safer right away!