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

FALL FACTS:
• One out of four 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.

RISK FACTORS:
• Over 65 years of age
• Poor balance and strength
• Taking 5 or more prescription medications
• Vision impairments
• Environmental hazards

PLEASE CALL FALL PREVENTION COORDINATOR Julianna Eusanio at (805) 477-7342 or email fall.prevention.program@ventura.org for more information on how we can help you.

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 eyeglasses 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

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