



FALLS ARE THE LEADING CAUSE OF INJURY-RELATED MORTALITY

1 IN 4 PEOPLE OVER THE AGE OF 65 WILL FALL THIS YEAR. 33% OF THEM WILL REQUIRE MEDICAL HELP

EVERY 11 SECONDS AN OLDER ADULT IS TREATED IN THE EMERGENCY ROOM FOR A FALL



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*Our Calling
is to
Prevent
Falling*



VISIT US ON THE WEB

For more information, please visit our website. Let's build a healthy community together.

www.azstopfalls.org



FALL PREVENTION

Information and Resource Guide
for Health Care Professionals

www.azstopfalls.org





EVIDENCE-BASED PROGRAMS

For Fall Prevention



WHERE CAN I LEARN MORE ABOUT FALLS?

National Council on Aging
www.ncoa.org

Area Agency on Aging
www.aaaphx.org

CDC Fall Prevention
www.cdc.gov/falls

Administration for Community Living
www.acl.gov/fallsprevention

FALLS ARE COMMON, BUT PREVENTABLE

- ▶ Activity and preserving mobility has been shown to be the best way to prevent elderly falls
- ▶ Open and honest conversations about the importance of fall prevention for seniors is the duty of healthcare professionals
- ▶ Older adult falls result in the result in highest
- ▶ The cost of treating injuries caused by falls is projected to increase to over \$101 billion by 2030

A MATTER OF BALANCE

TAI CHI FOR ARTHRITIS

TAI JI QAUN: MOVING FOR BETTER BALANCE

CDC STEADI PROGRAM

OTAGO EXERCISE PROGRAM

STAY ACTIVE & INDEPENDANT (SAIL)

STEPPING ON

BINGOCIZE

SCAN ME



Scan the QR Code for more Information on Evidence-Based Programming

Healthcare Professionals Supporting and Guiding Other Healthcare Professionals



The mission of the Arizona Falls Prevention Coalition is to reduce risk of falls in Arizona through education, outreach, evaluation and advocacy.