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*Our Calling
 is to
 Prevent
 Falling*



**WHERE CAN I
 LEARN MORE
 ABOUT FALL
 PREVENTION?**

STEADY Stopping Elderly Accidents,
 Deaths & Injuries



NIH National Institute
 on Aging

Scan the QR
 Codes for
 more
 Information on
 Fall Prevention

nco
 national council on aging.



**VISIT US ON THE
 WEB**

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

www.azstopfalls.org



**COMMUNITY
 RESOURCES**

For Fall Prevention

www.azstopfalls.org



LOCAL SERVICES



PRIMARY DOCTOR

Your doctor can give you resources. They want to keep you active and healthy. Talking to your doctor about falls or a fall you had can help prevent new and ongoing falls.



PHARMACIST

Talk to your pharmacist about your medications. Many times, patients are prescribed multiple medications, and they may interact with each other. Your pharmacist can tell you if they cause side effects that may cause a fall.



EYE DOCTOR

Your eye doctor can help you improve your balance, maintain sharp vision, and stay on your feet.



PODIATRIST

Getting your feet checked may be helpful in preventing falls. A podiatrist can assess your feet and provide you with tools that can help to prevent Falls.

LOCAL ACTIVITIES

For Fall Prevention



TAI CHI

Tai Chi excels in offering a cost effective way for reducing the risk for falls across several dimensions; it increases one's balance, strength, flexibility, and sense of well-being through mindful relaxation. Tai Chi has been noted by the CDC and others as one of the most effective ways to prevent falls. Classes are offered at many organizations throughout Arizona, including most local senior centers.

Renew Active by UnitedHealthcare

Renew Active® is a fitness program for body and mind to help you stay active, focused and connected either at a gym or from home. It's available with select UnitedHealthcare Medicare Plans – at no additional cost. Learn how to join Renew Active @ <https://www.uhcrenewactive.com/home>



A Matter of Balance is an award-winning program designed to manage falls and increase activity levels in older adults to prevent falls from happening. Contact us through our website for class information.



With an aim to make health and happiness accessible to everyone, Walk with a Doc offers free walking programs in communities around the world led by local doctors, healthcare providers, or medical students. These ongoing events allow participants to safely walk, learn about current health topics, and meet new people. Take a STEP toward better health and join or start a walk today! <https://walkwithadoc.org/join-a-walk/locations/>



Geri-Fit® is a tier III (highest level) evidence-based health promotion program and chronic disease self-management support program. Designed exclusively for older adults, Geri-Fit's functional strength training workouts help to rebuild strength that's been lost through the aging process. Find a class near you at <https://www.gerifit.com/>

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