

Falls Prevention – “Don’t let falls get you down!”

Falling is a major concern among older adults. Often the fear of a fall itself can lead individuals to change their lifestyle. In the United States, nearly one third of adults 65 and older fall each year. However, by following simple lifestyle modifications you can reduce your risk of falling.

Try these simple steps to reduce your risk: (1) [Begin a regular exercise program](#). (2) Have a health care provider review your medications. (3) Have your vision checked. (4) [Make your home safer](#).

The Falls Prevention program is led by a team of volunteers within our community called the “Barren River Area Falls Prevention Task Force, (BRAFPF)”. The vision of the BRAFPF is to “increase the awareness within our community to decrease the risk of disastrous falls.” The BRAFPF is hard at work creating exercise programs, “Falls Free” home safety check list, personal risk assessments, and future falls education programs. Our mission is to “prevent injury, promote health, and protect independence”. [The Center for Disease Control and Prevention](#) has provided an outstanding overview of fall related information including statistics and steps to prevent falls. Links to the [CDC Falls – Older Adults](#), [CDC – Falls Children](#).

To contact a member of the Barren River Area Falls Prevention Task Force, simply call (270) 781-2490 ext 214. Or email [Dustin Falls](#).