

## Freedom from Falls

One in four people over the age of 65 fall every year. Falls is the number one injury seen in our local emergency departments. Falls cause many injuries, including torn muscles, broken bones, a lengthy stay at a nursing home, or even death. Please review the six ways you can assess and lower your risk of falls. Share your concerns with your primary doctor.

1. **Stay Strong and Stable**
2. **Review your Medications**
3. **Get Your Eyes Checked**
4. **Make Your Home Environment Safer**
5. **Limit Alcohol Consumption**
6. **Recognize the Patterns**



Aging and Disability Resource Center (ADRC) of Brown County helps you find services so you can live how you want to live, where you want to live. The ADRC is your no cost, unbiased source for answers and solutions. Call them today at (920) 448-4300.

If you fall and call a local emergency service provider for assistance, they may ask you if you would like to be referred to the ADRC. Say “YES” to participate in their fall prevention program. The ADRC is here to help you remain independent and safe.

### BROWN COUNTY PREVENTION COALITION



*Updated: April 2019*