

# Safety Sense

## Things Are Looking Up When It Comes To Falls

(NAPSA)—There's good news for seniors who are at risk for injury due to a fall.

Experts say that most falls are preventable and that there are practical ways seniors and others can reduce the risk of falling, including:



- Engaging in a physical activity regimen that includes balance, strength training and flexibility components;
- Consulting a health professional to have a falls risk assessment;
- Having medications reviewed periodically and getting eyes checked annually;
- Making sure the home environment is safe and supportive.

### **An Awareness Initiative**

To promote these and other steps seniors can take to stay safer, 43 states and 70 national organizations, professional associations and federal agencies are supporting the Falls Free Initiative.

To learn more, visit [www.ncoa.org/FallsPrevention](http://www.ncoa.org/FallsPrevention).



***Note to Editors:** September 23, the first day of fall, is also National Falls Prevention Awareness Day.*