



Learn to be falls-free this fall

FALLS PREVENTION AWARENESS MONTH

September 2021

Join ICOA & your Area Agency on Aging in September for informational seminars & engaging activities to bring awareness about the staggering physical, emotional & financial impact of falls & strategies to help you prevent them!

LEARN ABOUT FALLS & FALLS PREVENTION

WITH IDAHO HEALTH PROFESSIONALS

- **Stay Informed: Why Falls Matter and how You Can Prevent Them**
Wednesday, September 8th
10– 11:30 AM MDT/9 – 10:30 AM PDT
- **Stay Safe: Recognize & Remove Trip Hazards at Home**
Wednesday, September 22nd
10– 11 AM MDT/9 – 10 AM PDT
- **Stay Healthy: Simple Steps to Improve Balance & Prevent Falls**
Wednesday, September 29th
10– 11 AM MDT/9 – 10 AM PDT

Register on the ICOA website by clicking the seminar tile date:
aging.idaho.gov/campaign/fpam/



OTHER WAYS TO GET INVOLVED

- Share your story of a fall on our [Facebook](https://www.facebook.com/AgeWellIdaho) page using #NoFallsIdaho www.facebook.com/AgeWellIdaho
- Visit ICOA's DPAM webpage for articles, information and links aging.idaho.gov/campaign/fpam/
- Contact your local Area Agency on Aging or senior center for a schedule of activities
- Identify YOUR fall risk through NCOA's online assessment
 - ✓ Answer 12 yes/no questions
 - ✓ Learn your fall risk number
 - ✓ Receive recommendations and resources to reduce your risk of falling

Do it now

www.Ncoa.org/fallsfreecheckup

Espanol: www.ncoa.org/about-ncoa/bienvenidos-a-ncoa/prevencion-de-caidas/falls-free-checkup-espanol/



FallsFree CheckUp

YOU CAN PREVENT A FALL