

What You Do Matters

Falls are the leading cause of injury related deaths for adults over 65

Falls don't have to be a normal part of aging

Most falls can be prevented by taking the "right steps"

Get more at:

wncfallpreventioncoalition.org

W Fall Prevention Coalition:
N C Taking a **Stand**



60% OF FALLS HAPPEN AT HOME

THE RIGHT STEPS TO PREVENT FALLS

- 1) Exercise for better balance
- 2) Clear floor of rugs, cords & clutter
- 3) Make sure your living space is well lit
- 4) Install handrails on stairs and in bathrooms
- 5) Get regular checkups for vision and hearing
- 6) Ask your doctor to assess your risk of falling
- 7) Call 2-1-1 to find help for safety repairs



**BUNCOMBE COUNTY
HEALTH & HUMAN SERVICES**

BUNCOMBECOUNTY.ORG/HHS