



Ohio Older Adult Falls Prevention Coalition

What YOU Can Do - to Prevent Falls Among Older Ohioans...

If you are a Senior Center:

- Make sure your facility is "fall proof"
- Provide fall prevention education to the seniors in your community
- Advocate for policies, legislation and funding that will support fall prevention among older Ohioans
- or we can provide an exercise class.

If you are a physician or pharmacist who sees older Ohioans as patients:

- Make sure your office or facility is "fall proof" - inside and out
- Assess effects of patients' medicines on their balance and mobility
- Provide a home assessment checklist to your senior patients so they can "fall proof" their homes
- or we can make a referral for fall prevention service.

If you are an Area Agency on Aging:

- Help seniors find resources for home assessments and equipment to prevent falls in their homes
- Provide professional education on fall prevention to medical providers and businesses in your community
- Include Matter of Balance classes for your community
- or we can make a referral for fall prevention service.

If you are a faith-based organization:

- Provide fall prevention information to your older members
- Make sure your facility is "fall proof" inside and out
- Refer members who could benefit from services of organizations that assess home environments and provide fall prevention information
- or we can make a referral to a falls prevention program.



If you are a Local Health Department:

- Seek funding to include fall prevention among your risk reduction programs
- Train staff to assess home and community environments to be fall proof
- Include fall prevention information during flu clinics
- or we can have available fall prevention materials.

If you are a caregiver for an older Ohioan:

- Get an assessment to make sure your loved one's home is "fall proof"
- Ask your loved one's doctor or pharmacist about prescriptions' impact on balance and risk for falling
- Learn about the resources of community-based organizations that can provide services and equipment to help your loved one stay fall-free
- or we can join a local support program.

If you are a legislator, policy maker or community leader:

- Champion programs, services and funding to support more fall prevention among Ohio's older voters!
- Join your local coalition to help
- Mention the importance of falls prevention to senior members of their constituents.

For more information on a statewide basis:

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