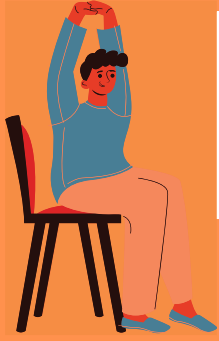


PROTECT YOURSELF FROM FALLS



Follow us on Facebook: The Alaska Commission on Aging 



Weekly Elder Chair Exercises with Aleutian Pribilof Islands Association (APIA)

Tuesdays 3:15pm - 3:30pm on Facebook Live

facebook.com/APIA

Assistive Technology of Alaska

Call: 907-563-2599. Visit: atlaak.org

Schedule an appointment to explore tools for independence!



Join Alaska Falls Prevention Coalition

This new statewide effort led by
Dept. of Health Injury Prevention
Unit is recruiting members!

Contact:

carie.eastaugh@alaska.gov

In-Home Falls Prevention Checklist



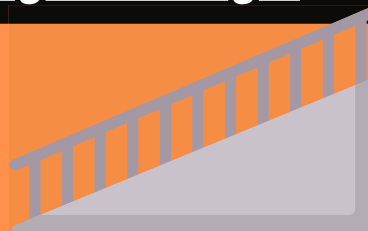
[facebook.com/share/
p/1NuCJs4qpG/](https://facebook.com/share/p/1NuCJs4qpG/)

National Council on Aging



Medical Alert Systems

[ncoa.org/older-
adults/health/prevention/
falls-prevention/](https://ncoa.org/older-adults/health/prevention/falls-prevention/)



AARP Virtual Community Center

Free online balance &
exercise classes for all

local.aarp.org/virtual-community-center/



Caregiver Conversation Guide to Prevent Falls

shorturl.at/j5tym



2025 Falls Prevention Awareness Week Sept 22 - 26 Toolkit

[ncoa.org/page/falls-
prevention-awareness-week-toolkit/](https://ncoa.org/page/falls-prevention-awareness-week-toolkit/)



National Institute on Aging Causes & Prevention of Falls

[nia.nih.gov/health/falls-and-
falls-prevention/falls-and-
fractures-older-adults-causes-
and-prevention](https://nia.nih.gov/health/falls-and-falls-prevention/falls-and-fractures-older-adults-causes-and-prevention)



Do you have feedback on this flyer? Email yasmin.radbod@alaska.gov or call 907-230-0871

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Alaska Housing Finance Corporation Senior Access Program Home Modification



[ahfc.us/pros/homelessness/
assistance-grants/senior-
access-program-sap](https://ahfc.us/pros/homelessness/assistance-grants/senior-access-program-sap)



"After working with Older Alaskans for over two decades one of the most common regrets I hear is waiting too long to make home modifications. By the time seniors realize they need grab bars, better lighting, step-free entrances, lever door handles or non-slip flooring, it's often after a fall or similar scare. Aging in place successfully is about creating a living space that works with you, not against you, as needs evolve."
- Jim, AHFC Housing Relations Officer

Center for Disease Control

Stopping Elderly
Accidents, Deaths &
Injuries (STEADI)
Initiative



cdc.gov/steady/index.html

ANTHC Fall Prevention Video



[youtube.com/watch?v=
69IEWxMZENA](https://youtube.com/watch?v=69IEWxMZENA)



LIFE Fall Prevention Planning Tool

[lifefallprevention.com/
index.html](https://lifefallprevention.com/index.html)

BFit & Well Annex
Anchorage Senior Fitness
bfitandwell.com
907-229-7652



Fireweed Therapy
At Home Outpatient Occupational
and Physical Therapy in
Anchorage Patient Resources



[fireweedtherapyak.com/patient-
resources](https://fireweedtherapyak.com/patient-resources)

Well Haven Aging in Place Services



Home safety evaluations and
dementia consulting
throughout Alaska with in-
home and virtual telehealth
visits. well-haven.com



Access Alaska
Durable Medical
Equipment (DME)
Loan Closet

accessalaska.org/dme-loan-closet
Access Alaska offers many services.
Call: 907-248-4777.

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