

Know it before you need it...



Falls: The Avoidable Epidemic



- 33% seniors fall each year
- Seniors are hospitalized 5 times more from falls than any other injury.
- Every 11 seconds a senior goes to the Emergency Room because of a fall.
- Every 19 minutes a senior dies from a fall.
- Falls are the leading cause of a move to a skilled nursing facility.
- Falls can lead to a 15% reduction in life expectancy.

Falls are the leading cause of fatal and non-fatal injuries for older Americans. Falls threaten seniors' safety and independence and generate enormous economic and personal costs. Too often seniors dismiss a fall as a simple trip, a little accident, or just a normal part of life. However, falls are not just little accidents and falling is not an inevitable result of aging. They can and often do have dramatic consequences. Falls are preventable. Learn about the consequences of falling and what you, a spouse or a loved one can do to avoid falls and those nasty consequences.

Sept 10, 2018 – 12:10 p.m. Pierce County Annex Main Meeting Rm. 2401 S. 35 th St., Tacoma	Sept 11, 2018 – 10:15 a.m. Spana-Park Senior Center 325 152 nd St. E., Tacoma
Sept 13, 2018 – 11:00 a.m. Pt. Defiance~Ruston Senior Center 4716 N. Baltimore, Tacoma	Sept 18, 2018 – 1:00 p.m. Mountain View Community Center 3607 122 nd Ave E, Edgewood

Sponsored by the Pierce County Falls Prevention Coalition
and the Pierce County Aging & Disability Resource Center

For additional information call (253) 798-4600 or (800) 562-0332
Free. No RSVP required.



Preventable falls among seniors reach epidemic proportions

Falls among seniors is on the rise – and often preventable

One small accident, like tripping on a rug or slipping on a wet floor, can change your life. For older adults, a break can be the start of more serious problems, such as a hip fracture, head injury, or even death.

Since 2003, the number of deaths from falls has more than doubled in Washington state, with one in three older adults falling each year. Trip hazards are all around us, but most falls are entirely preventable.

September is Falls Prevention Month. Pierce County Aging & Disability Resources, in partnership with the Pierce County Fall Prevention Coalition, will host “Falls: The Avoidable Epidemic,” a special workshop that will focus on fall prevention at home and in the community.

Four free informational presentations will be held in September:

- Sept. 10 – 12:10 p.m., Pierce County Annex Main Meeting Room, 2401 S. 35th in Tacoma
- Sept. 11 – 10:15 a.m., Spana-Park Senior Center, 325 152nd St. E. in Tacoma
- Sept. 13 – 11 a.m., Point Defiance-Ruston Senior Center, 4716 N. Baltimore in Tacoma
- Sept. 18 – 1 p.m., Mountain View Community Center, 3607 122nd Ave. E. in Edgewood

In addition to the physical pain of falling, health care costs and rehabilitation can be draining for an individual and their family. Rather than attributing falling to age, a more appropriate examination should look at physical fitness, medications, environmental factors and behavioral hazards.

“Many older adults, particularly those 70 and older, are quick to dismiss falls as simply a part of aging,” said Aaron Van Valkenburg, Pierce County Aging and Disability Resources manager. “That is a myth that ignores underlying issues. Even simple trips can begin a downward spiral of health that leads to serious complications. We hope every senior, every adult child concerned about their aging parents and every caregiver will pay special attention to this issue and take heed before a serious fall.”

Pierce County Aging & Disability Resources and the Pierce County Fall Prevention Coalition work together to provide resources, tools and events that help seniors assess their fall risk. We also connect them to evidence-based falls prevention programs and community partnerships to reduce the chance of falling and enhance their quality of life.

Events are free and open to the public. People of all ages are encouraged to attend. No RSVP is required. For more information about the presentations call the Pierce County Aging & Disability Resource Center at 253-798-4600 or 1-800-562-0332.

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