

September 21-25, 2020

## Falls Prevention Awareness Week

Did you know that 1 in 4 Americans aged 65+ falls every year? Falls are the leading cause of fatal and non-fatal injuries for older Americans. Falls are costly - in dollars and in quality of life. However, falling is not an inevitable part of aging. Through practical lifestyle adjustments, evidence-based programs, and community partnerships, the number of falls among older adults can be reduced substantially.

### Falls Free CheckUp

Central MN Council on Aging (CMCOA) is committed to empowering all older adults in Central Minnesota to reduce their risk of falls. During the week of September 21-25, 2020, CMCOA is partnering with the National Council on Aging (NCOA) to mark Falls Prevention Awareness Week.

As part of a national outreach campaign, a new online falls risk assessment tool is available at no cost to individuals across the country. Visitors to [www.ncoa.org](http://www.ncoa.org) can complete a short, 12-question survey that screens them for the most common falls risk factors. They will also find the Six Steps you can take to reduce the risk of falling.

### Take a Stand for Falls Prevention

Cass County Falls Prevention Fair - *Take A Stand To Prevent Falls*, has gone virtual this year! You are welcome to participate for a little fun, prizes, and knowledge. [Visit their website](#) to play Bingo, watch videos, and read articles of interest.



### Stay Active and Independent for Life

Stay Active and Independent for Life (SAIL) is an evidence-based program to add strength, balance, and fitness for adults 65 and older. Performing exercise that improve strength, balance, and fitness is the single most important activity adults can do to stay active and reduce their chances of falling.



For more information or to register for a class go to [www.yourjuniper.org](http://www.yourjuniper.org).

### Up Your Falls Prevention IQ

Falls are not inevitable. With a little knowledge most falls can be avoided. During Falls Prevention Awareness Week, Juniper is offering free online sessions. [Learn more...](#)

Watch for upcoming updates on how you can increase awareness & reduce the risk of falling.

