

The background features a series of concentric circles in light gray, some solid and some dashed, creating a ripple effect. A large blue speech bubble shape is centered on the page, containing the text.

Show Me Falls Free Missouri Coalition Meeting

September 22, 2022



Online Presence

- <https://health.mo.gov/seniors/showmefallsfreemissouri/>
- Follow us on Facebook: Show Me Falls Free Missouri Coalition
- If you want to help update the webpage or FB page posts, contact Kelsey Weitzel at preventmofalls@gmail.com about joining the planning committee



Resources

- [NCOA's Falls Prevention Awareness Week Promotion Toolkit](#)
- [NCOA's Falls Free CheckUp](#)
- [NCOA's Falls Free Initiatives for Professionals](#)



Impact

- Show the country how Missouri is raising awareness of fall prevention by adding your activities from this week to the NCOA Impact report. Submit your activities [here](#).
- The Show Me Falls Free Coalition will receive a breakdown of all the activities happening in Missouri from NCOA.



Example

- 6 Steps to Prevent a Fall PPT

Take Control of Your Health:

6 Steps to Prevent a Fall

Every **11 seconds**, an older adult is seen in an emergency department for a fall-related injury. **Many falls are preventable.**

Stay safe with these tips!

1. Find a good balance and exercise program



Look to build balance, strength, and flexibility. Contact your local Area Agency on Aging for referrals. Find a program you like and take a friend.

2. Talk to your health care provider



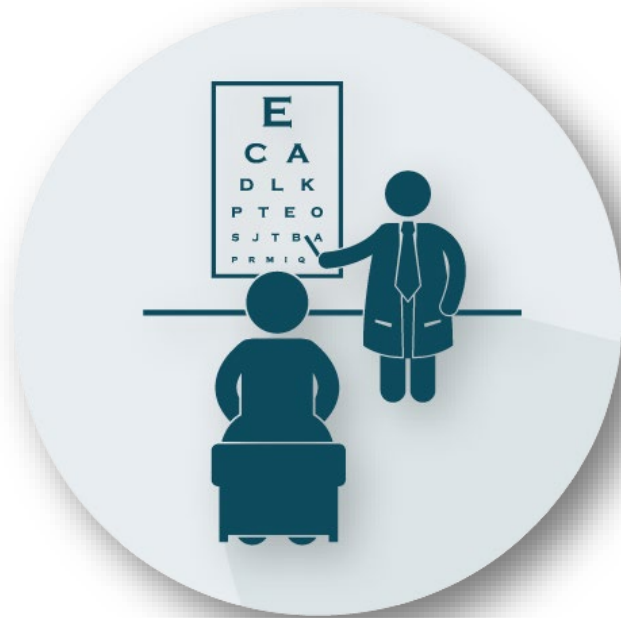
Ask for an assessment of your risk of falling. Share your history of recent falls.

3. Regularly review your medications with your doctor or pharmacist.



Make sure side effects aren't increasing your risk of falling. Take medications only as prescribed.

4. Get your vision and hearing checked annually and update your eyeglasses



Your eyes and ears are key to keeping you on your feet.

5. Keep your home safe



Remove tripping hazards, increase lighting, make stairs safe, and install grab bars in key areas.

6. Talk to your family members



Enlist their support in taking simple steps to stay safe. Falls are not just a seniors' issue.

To learn more, visit
www.ncoa.org/Falls.



Actions

- Email preventmofalls@gmail.com about joining the planning committee and/or about adding your programs to Missouri's list
- Use NCOA's [toolkit](#) to raise awareness about falls prevention
- [Submit](#) your activities for NCOA's Impact report
- Join the next Show Me Falls Free Missouri Coalition meeting on November 8th at 10 am