The Importance of Falls Prevention

Falls among older adults aged 65 and older continue to rise each year and are the leading cause of head injuries and hip fractures, significantly impacting the quality of life of older adults and their families. The National Council on Aging is dedicated to reducing the number of fall-related injuries awareness, education, and promotion of evidence-based falls prevention programs and tools for older adults to adapt behaviors that lead to a falls free lifestyle. During September 18-22, 2022, NCOA hosted the 15th annual Falls Prevention Awareness Week, an awareness and activation campaign to elevate falls education and steps older adults can take to prevent and reduce their risk of a fall.

This year’s Falls Prevention Awareness Week theme encouraged state falls prevention coalitions, Area Agencies on Aging, Administration for Community Living grantees, and other community organizations to engage with community partners in falls prevention activities. While health care providers play an important role in falls prevention, community-based organizations also contribute in various ways. Community partners include local libraries, senior centers, faith-based organizations, and other sites that are well-known by older adults. These community resources serve as delivery sites for evidence-based falls prevention programs and help connect older adults to other available services and resources in their locality that help older adults to manage their fall risk factors, demonstrating that falls prevention is truly a team effort.

2022 Falls Prevention Awareness Week by the Numbers

Number of States Participating

<table>
<thead>
<tr>
<th>Year</th>
<th>States Participating</th>
</tr>
</thead>
<tbody>
<tr>
<td>2014</td>
<td>49</td>
</tr>
<tr>
<td>2015</td>
<td>42</td>
</tr>
<tr>
<td>2016</td>
<td>44</td>
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<td>2020</td>
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<td>2021</td>
<td>44</td>
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<tr>
<td>2022</td>
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Number of Individuals Reached

<table>
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<tr>
<th>Year</th>
<th>Individuals Reached</th>
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<tr>
<td>2014</td>
<td>2 Million</td>
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<tr>
<td>2015</td>
<td>99 Million</td>
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<td>2016</td>
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</tr>
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<td>300 Million</td>
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<td>2020</td>
<td>380 Million</td>
</tr>
<tr>
<td>2021</td>
<td>313 Million</td>
</tr>
<tr>
<td>2022</td>
<td>513 Million</td>
</tr>
</tbody>
</table>
National Outreach

To promote Falls Prevention Awareness Week, NCOA relied on traditional and digital media to reach older adults, caregivers, and professionals to raise awareness around falls prevention. A press release was disseminated to news outlets across the U.S. as a strategy to increase awareness about the national observance. NCOA, including state coalitions, local and national partners, contributed to Falls Prevention Awareness Week by providing education, public awareness, and engaging with digital community through social media platforms.

2022 Total Reach

513 million

GRASSROOTS

Education
Falls Risk
Screenings
Advocacy

2M

SOCIAL MEDIA

Facebook
Twitter
YouTube
LinkedIn

2M

MEDIA

Press & Matte Release

509M
Grassroots Efforts

While increasing social media presence is part of Falls Prevention Awareness Week, state falls prevention coalitions and community partners continue to participate in tried-and-true awareness activities, such as assessing falls risk factors through screenings using the STEADI assessment and NCOA’s FallsFree CheckUp, developed in partnership with the CDC and CDC Foundation. Coalitions and partners promoted evidence-based falls prevention programs and offered tai chi demonstrations, engaged with local decisionmakers to influence greater support for falls and injury prevention interventions, and offered tips on how to keep the home safe from falls and injuries. Additionally, many organizations honored the theme Strengthening Community Connections in Falls Prevention by leveraging community resources, such as the recreation centers, libraries, and senior centers, to host falls prevention informational sessions to promote falls education throughout the community.

2022 Grassroots Reach Total

48 states participated in the survey.

Reached 2 million older adults across the country through FPAW efforts.

EDUCATION: 100% of states educated 1.9 million older adults.

ADVOCACY 60% of states participated in falls prevention advocacy activities.

FALLS RISK SCREENINGS 94% of states screened approximately 19,000 older adults and caregivers.
Falls Free CheckUp

NCOA’s Falls Free CheckUp is a 13-question screener that is modeled after the Centers for Disease Control and Prevention Stopping Elderly Accidents, Deaths and Injuries (STEADI) Stay Independent brochure. This digital screener first deployed in 2020 for professionals to promote to older adults as a tool to help them understand their risk of falling.

With the support of CDC Foundation, Amgen, and NORC at the University of Chicago, the Falls Free CheckUp went through a redesign to maximize user experience. The new version of the Falls Free CheckUp provides resources and tangible action steps that are specific to the individual’s risk based on how they answered the assessment, such as a home fall prevention checklist, six steps to prevent a fall, and health benefits of tai chi and how to get started. The new version of the Falls Free CheckUp was released in September 2022 and had over 30,000 users, including 400 Spanish users.

The Falls Free CheckUp follows the guidance on the CDC STEADI Stay Independent assessment where scores of 4 or more to the questions indicate high risk for falling and provided insights on users who took the screening tool. Of the 31,172 users who completed the screening tool, 78% of users were at high risk for a fall, with 37% at high risk based on medication factors, 6% at high risk based on physical therapy factors, and 35% at high risk with combination of medication, physical therapy, and other risk factors. This demonstrates the need to continue educating older adults about the various risk factors associated with falls prevention and offering solutions to improve their quality of life.

The state falls prevention coalitions and partners played an integral role in disseminating this digital tool as an effort to continue increasing education and awareness that falls can be prevented and are not part of aging. Additionally, through the partnership with the CDC Foundation, NCOA received funds to promote the Falls Free Checkup through paid social media in September and October 2022, reaching more individuals previous years. NCOA encourages all partners to continue promoting and directing older adults to this valuable tool to learn about their fall risk throughout the year.

Number of Falls Free Checkup users

<table>
<thead>
<tr>
<th>Year</th>
<th>Users</th>
</tr>
</thead>
<tbody>
<tr>
<td>2020</td>
<td>4041</td>
</tr>
<tr>
<td>2021</td>
<td>7297</td>
</tr>
<tr>
<td>2022</td>
<td>31,172</td>
</tr>
</tbody>
</table>

- 21.7% Normal
- 37.1% High Risk – Medication
- 5.8% High Risk – Physical Therapy
- 35.4% High Risk – Mixed
Bone Health and Falls Prevention

To celebrate Falls Prevention Awareness Week, as part of a partnership between NCOA’s Center for Healthy Aging and the biotechnology company Amgen, a pilot Bone Health Education Program was held in St. Petersburg, FL. The program included a lecture, led by an Amgen Medical Science Liaison, on the importance of bone health as we age, strategies to maintain and improve bone health, and the relationship between osteoporosis and falls. Following the lecture, a 30-minute discussion was facilitated by Sunshine Center Supervisor. The discussion utilized an NCOA-created “Bone Health Discussion Guide” that was designed to empower older adults to use the lecture to set goals, develop an individual action plan, and ultimately, change behaviors to improve their bone health and reduce their chances of falling.

The Sunshine Center team registered 65 people for the “Wellness Wednesday” event at the Sunshine Center on September 21, 2022. They built enthusiasm and engagement around the event including “snacks that are good for your bones” and a health fair with booths displaying information around home health and dental services, access to eyeglasses, community volunteer opportunities, and Pinellas County emergency resources for falls prevention. A second event was held in October 2022 at the Enoch Davis Community Center in St. Petersburg, FL where 12 people attended.

Follow up surveys indicated that because of the program, participants set goals, talked with their pharmacists and friends about bone health, added exercise to their daily life, and utilized resources to assess their fracture and fall risk, including NCOA’s fact sheet on osteoporosis and falls prevention and the Fracture Risk Calculator from American Bone Health. Due to the success of these two pilot programs, plans are underway to replicate the Bone Health program in other senior centers.
Examples of Falls Prevention Awareness Week Partnerships and Activities

NCOA is grateful to all state falls prevention coalitions and partners for their effort to make the 15th annual Falls Prevention Awareness Week observance a success! Read below and explore the creative ways organizations engaged with local partners to expand falls prevention awareness and education within the community.

Leveraging Community Partners in Falls Prevention

“Tabling at a local farmers’ market during Fall Prevention Awareness Week allowed us to distribute fall prevention education materials and fliers for a current Tai Chi for Arthritis and Fall Prevention class. Participants were surveyed on what type of fall prevention class they were most interested in (Bingocize, A Matter of Balance, and Tai Chi for Arthritis and Fall Prevention) and whether they would prefer an in-person or virtual setting. Tabling at this event helped us garner interest for the Tai Chi for Arthritis class and inform people of local fall prevention resources.”
- Sam Gimon, Humboldt County Department of Health and Human Services, California

“Partnering with two local hospital networks to offer fall prevention workshop, new facilitator training, built community support with 2 workshop series, both full, with wait lists for future workshops.”
- Dana Rees, Utah Falls Prevention Alliance, Utah

“Three things were most beneficial. (1) Our medication Reviews at contributing pharmacies. Only 156 done this year but all by volunteer pharmacists. They complete a tally sheet and the data is fantastic -when a senior is told to go see their doctor, they remove bad or contraindicated drugs from the senior; (2) Both Live and zoom presentations done at State libraries this year plus special twin presentations to the Hawaiian Cultural group Alu Like totaling 13 events; and (3) 460 aired PSA’s plus 4 on-air live interviews during the morning news segments.”
- Stanley Michaels, Hawaii State Fall Prevention Consortium, Hawaii

“Falls Free Wisconsin developed a new relationship with the Oshkosh Fire Department and are promoting their Mugs for Rugs initiative. The fire department found that majority of falls occur in the home, particularly the bedroom and bathroom. The intention of the Mugs for Rugs program is to increase awareness about home safety and falls prevention by encouraging community members to bring in their throw rugs in exchange for a reusable coffee mug. Local partners such as our cafes and coffee shops served as sites for people to bring in their rugs. This effort truly demonstrates the value of the community’s involvement in falls prevention.”
- Kris Krasnowski, Falls Free Wisconsin, Wisconsin

“Partnering with the Sherriff’s department, the fire department and the City of Chesapeake we were able to provide a safety workshop to older adults to discuss falls prevention and demonstrate an evidence-based program. Not only did we inform older adults in the workshop, but we were able to raise awareness with partners of programs available to help reduce falls. This new relationship will help us to reach...”
- [additional text cut-off]
more people as we can share resources and referrals.”
- Mary Noonan, Virginia Falls Prevention Coalition, Virginia

“Education to an RN/LPN nursing service organization of over 40 students, with an opportunity for several to volunteer. This school has not partnered on community geriatrics before and they had no knowledge of the fall statistics in our state. Materials or fall screening shared in Faith Community Nurse e-newsletter and at Connection meeting resulted in a large new church providing a successful education/screening program. Additionally, before and after Falls Prevention Awareness Week, we had the opportunity to present at Trauma Symposium with nearly 200 participants from across the region, USD Geriatric Symposium, NICHE Geriatrics Conference in collaboration with several Nebraska inpatient & retirement facilities, and recently introduced screening and EP fall programs to 4 rural fire department chiefs and leaders.”
- Karla Cazer, South Dakota Falls Prevention Coalition, South Dakota

“Partnering with a new community partner - behavioral health in the state - led to new connections for fall focused work and educated new populations of the community for professional and lay members.”
- Jamie Caulley, Providence Health Systems, Oregon

“The Falls Prevention Awareness Week theme inspired our initiative to ask seniors if they belong to their senior center and to have lists of senior centers and libraries available on Nursing Units to pass out. This helps seniors in our area to become familiar with our local partners and to emphasize that falls prevention is a community effort.”
- Tracy Nerney, Jersey Shore Regional Trauma Center, New Jersey

“Baltimore County Department of Aging (BCDA) started the week off with our annual Get Ready! Get Set! Get Fit! 5K Run/1M Walk at Community College Baltimore County - Essex campus where we offered a falls prevention health fair and read the state governor’s proclamation for National Falls Prevention Awareness Week. BCDA also provided falls prevention educational talks presented by local partners at Baltimore County libraries and senior centers. Presenters included physical therapists who spoke on safe mobility and use of assistive devices, Van Dyke and Bacon shoe store spoke on safe footwear, and our BCDA occupational therapist spoke on home safety. Along with fall prevention screenings, blood pressure screenings, range of motion screenings and bone density screenings were offered at many county senior centers.”
- Donna Bliz, Baltimore County Department of Aging, Maryland

“A tai chi demonstration and falls-prevention education program hosted by Resurrection Lutheran Church in Gretna raised awareness of tai chi and other actions that reduce older adult falls.”
- Nicki Ayer, Resurrection Lutheran Church, Nebraska
“Through our AAA/ADRC partnership, we were able to connect a local senior center to an A Matter of Balance Course sooner than anticipated due to our ramping up of fall prevention courses within our service area.”

-Kimberly Riley, ADRC/AAA Tarrant County, Texas

“As a strategy to engage with older adults during Falls Prevention Awareness Week, the Tennessee Fall Prevention Coalition coordinated with staff at sites where older adults frequent, such as senior centers and libraries, to organize group events call “watch parties.” Watch parties were created to allow groups of older adults to watch the educational series together and be able to discuss the materials with their peers. These events took place during the live presentation, or the presentations were recorded so they could watch together as a group on a better date/time that work for their participants. Senior participants reported that they enjoyed these events, and we increased our older adult participation during Falls Prevention Awareness week from 170 in 2021 to 281 in 2022 (65% increase). The watch parties were a major contributor in our increased participation and will continue offering this in upcoming observances!”

- Sidney Schuttrow, Tennessee Fall Prevention Coalition, Tennessee

Engaging Clinical Partners in Falls Prevention

“We had several new partners provide free health screenings during our Fall Prevention Awareness Day – Fall Prevention Is a Team Effort event, including the Braille Institute (vision screenings), San Diego State University Audiology Clinic (hearing screenings), UC San Diego Shiley-Marcos Alzheimer’s Disease Research Center (memory screenings), and NeuroLab 360 (balance screenings). These organizations also tabled at the event and provide more information on free or low-cost programs and services.”

- Carolyn Kendle, San Diego Fall Prevention Task Force, California

“Partnering with two local hospital networks to offer fall prevention workshop, new facilitator training, built community support with 2 workshop series, both full, with wait lists for future workshops.”

- Dana Rees, Utah Falls Prevention Alliance, Utah

“When mentioning all the things that can contribute to changes in vision, hearing and mobility, it showed the importance and benefit of collaborating with other professionals in those fields. The older adults really appreciated the information and to know that anyone can suffer a fall at any age makes them feel seen. The in-person presentations also reinforced my belief in the great benefits of Tai Chi, and I requested that our agency explore implementation of this as well. I was happy to see that the sites we provided presentations provided this and many other classes to strengthen muscles and movement.”

- Carmen Teixeira-Parry, Alliance for Aging, Florida

Coordinating a Falls Prevention Health Fair

“There were opportunities to participate in fall-related screenings such as grip strength,
circulation, hearing, vision, blood pressure, and balance screenings. In addition, we added free flu shots, fall prevention bingo, access to an indoor track, free lunch, and several chances to win raffle prizes. Guests received a sample break out fitness session provided by Berks Encore and several other resource tables. Note: participants had to complete a Q and A card by asking the resources tables prepared fall prevention questions. After their card was complete, they could enter for a chance to win a raffle prize. We have several generous donations including $100 gift card to Giant. Participants also enjoyed the fall prevention bingo.”
- Jennifer Barney, Reading Hospital, Pennsylvania

“We provided a health fair to professionals about mobility and fall prevention. We had the tables for Outpatient Resources, Inpatient Resources, demonstrations on how to use lift equipment and falls prevention devices, a game table with falls prevention prizes like nightlights, a resource table, and demonstrations of Tai Chi for Arthritis and talks about A Matter of Balance. We also had a kiosk where participants could share their thoughts about fall prevention awareness through video.”
- Padraic Stanley, Illinois Fall Prevention Coalition, Illinois

“Having the event at a hospital location was helpful as we captured a lot of patients who may not have otherwise sought out a health fair for screening. We were able to identify many older adults who were at risk for falls who did not realize they were at risk and provide them with evidence-based prevention education.”
- Jennifer Manning, New Mexico Adult Falls Coalition, New Mexico

“We were part of a Discover Your Balance Fall Prevention Health Fair at a local community center from 9am - Noon on 9/21/22. There was a wide variety of activities: physical therapist-led balance screenings and pelvic floor exercise information to help improve bladder control, vision education, Tai Chi demonstrations, in-home safety modifications, blood pressure checks, and hearing education.”
- Vicki Hon, Clay County Senior Services, Missouri

“The NYC Falls Prevention Coalition put on a Community Health Fair with a Tai Chi for Arthritis participation workshop for attendees. It was attended by over 200 enthusiastic older adults. The Commissioner for the Department for the Aging and a Chief Executive from the Department of Health and Mental Hygiene were present and addressed the attendees about the importance of Falls Prevention Awareness Week. Several tables with information and swag (e.g. canvas totes, night lights, pill boxes) were staffed by Coalition members who were available to talk about falls prevention. Our event was also received local newspaper and television coverage.”
- Belynda Rivers, New York State Falls Coalition, New York

“Even though we didn’t have a huge group of people participating in our Walkin’ Round the Track event, clients and staff that did participate enjoyed being part of the walking program. The information included in our newsletter and the information pieces displayed for people to pick up were well received. Two A Matter of Balance workshops have been well attended and many have commented how much the information covered at each session along with the exercises has helped them with being more aware of their environment, fall safety hazards and how to overcome their fear of falling.”
- Linda McDonald, Meals on Wheels - Fairfield County, Ohio

“This was our very first fall prevention fair. What most were impressed with was our choice of vendors and how organized the fair was, being our first one. The list of vendors included Louisiana Eye Care for vision screenings, the Mandeville Fire Department EMS on how older adults can prepare if they fall, and Layton Family Pharmacy on medication usage. The participants were amazed at the information that was given out and the screenings that were done. They also loved the giveaways that each vendor had. The drawings for our gift baskets were a big hit also. We did not have as many guests as we wanted, but all vendors were excited to hear that we will host this fall prevention fair again next year and the plan is to double or triple the vendors. We will also plan to
provide transportation for older adults living at community centers or independent living facilities who are interested in attending.”

- Suzanne Ryan Weidenbacher, Lakeview Regional Medical Center, Louisiana

“The health fair with a variety of organizations across the state was what we found most beneficial (e.g. representations from hospitals in the northern and southern counties so people would be able to touch base with the most accessible care). There was also live demonstration of adaptive equipment at the health fair, useful tools such as File of Life distributed, and ability to sign up for/access Matter of Balance programs at the fair.”

- Kaitlyn Angermeier, Delaware Fall Prevention Coalition, Delaware

Promoting Evidence-Based Falls Prevention Programs

“A Tai Chi demonstration at our media day event raised awareness in the community and highlighted evidence-based fall prevention programs. We had several guests speaking on the enormity of the impacts that falls have on older adults and all people in our communities and the Phoenix Suns raffled off an autographed picture of one of their players. Our social media campaign this year focused on positive messaging to encourage older adults to stay active and highlighted the many benefits of physical activity.”

- Melissa Luxton, Arizona Falls Prevention Coalition, Arizona

“Here is a comment from one of the participants from our event: ‘My friend and I came last year when it was in Loveland and saw the tai chi demo and are taking tai chi and my risk assessment was better this year. Thank you for doing this.’ We do this event every year and switch between two cities. It is great to hear people are following through on what they learn from these events!”

- Alison Weston, UCHealth, Colorado

“A Matter of Balance is a new evidenced-based falls prevention program to our state. The Injury Prevention Service (IPS) of the Oklahoma State Health Department champions the program, as well as our partner the Oklahoma Healthy Aging Initiative (OHAI). During falls prevention awareness week, the IPS hosted two coach trainings for MOB. The IPS also works closely with a local retirement community. This retirement community was the first in our state to hold MOB classes. With this partnership, we were able to do two interviews at local news stations to bring awareness to falls prevention efforts in our state. Not only were we able to bring awareness to MOB, but also the impact that falls and fear of falling has on older Oklahomans. We also did Tai Chi demonstrations at our state fair, and also partnered with The Oklahoma Assisted Living Association, which also did Tai Chi demonstrations via zoom. OHAi also was able to do a full day of Tai Chi demonstrations known as, Tai Chi-A thon. This event was in person and via zoom.”

- Madelyn Maxwell, Oklahoma Older Adult Falls Prevention Coalition, Oklahoma

“The participation of the Department of Elder Affairs Secretary and leadership staff in a Tai Chi demonstration and A Matter of Balance class helped to raise awareness about how meaningful programs are to older adults and emphasized the role of the state agency in ensuring the availability of programs and access to programs in local communities.”

- Mary Hodges, Florida Falls Prevention Coalition, Florida

“For the first time ever, A Matter of Balance was offered on site to older adults at our senior center. The workshop provided tools to help older adults with daily activities to avoid falls. The participants enjoyed having a peer lead different exercises and showcase multiple ways in which older adults can actively control their falls or lack of falls.”

- Marcole London, Douglas County Senior Center, Georgia

“Our Falls Prevention Bingo game is popular among older adults and provides education, movement, and socialization. It also creates interest among sites hosting a bingo game to offer an Evidence-Based Health Promotion Program like Matter of Balance, Tai Ji Quan: Moving for Better Balance, SAIL, or Bingocize.”

- Amy Dallmann, Dancing Sky Area Agency on Aging, Minnesota
**Educating Veterans about Falls Prevention**

“We had tables in high traffic areas at three main campuses at Veterans Affair Boston. Timed up and go screening and short physical performance battery were offered to screen veterans, their family and caregivers for fall risk. We also reviewed steps people can take to make their home safer and reduce barriers using CDC, COA and APTA literature.”

-Lynn Burns, Veterans Affair Boston, Massachusetts

**Outreach to Minority Populations**

“A Chinese-language webinar presented to ChineseAmerican Service League’s (CASL) Chinese-speaking older adult workforce raised awareness and knowledge on aging in place, home modifications, and role of occupational therapy. CASL also provided training to the 430 homecare aids who work directly with our community older adults in functional transfer techniques, positioning, body mechanics, and gait belt usage. Our organization continues to offer EnhanceFitness.”

-Winnie Lam, Illinois Fall Prevention Coalition, Illinois

“A hosted meeting of multi-ethnic community-based organizations funded by King County Department of Human Services and Aging and Disability Services to deliver older adult health promotion programming included a WA Department of Health presentation of the latest King County fall prevention data during the pandemic. This raised awareness and clarified the need for a variety of fall prevention approaches.”

-Paige Denison, Sound Generations, WA

**Leveraging Social Media Presence**

“The state coalition educated and engaged the community around falls prevention by leveraging social media platforms through a social media campaign. Additionally, information around falls prevention was provided in a monthly e-newsletter that is sent out to about 5,000 subscribers in September.”

-Lori Clary, Washington State Fall Prevention Coalition, Washington

**Creating Innovative Educational Materials**

“The NC Falls Prevention Coalition (NCFPC) held its second annual placemat contest and the number of entries tripled from the previous year. We heard from partners that the placemats were a huge success and that the ‘placemats from the state coalition made it easy to reach a larger number of seniors in our region.’ NCFPC also conducted a survey during the month of September to learn more about referral pathways to falls prevention programs. With over 80 responses, we learned a lot about what is working well and what can be improved for clinical referrals to community based programs. Healthy Aging NC also held a statewide webinar
called Exploring the Magic of Tai Chi for Arthritis and Fall Prevention which led to interest from several new sites/leaders."

- Ellen Bailey, North Carolina Falls Prevention Coalition, North Carolina

**Coordinating Falls Prevention Presentations**

“A local presentation at the Naperville Municipal Center, reached over 200 seniors, increasing their awareness about fall prevention, and things they can do to prevent falls. They were introduced to concepts of home safety checks, medication, management, vision/screening, checkups, balance testing, and fall risk assessment provided. People really appreciated the questionnaire that determines if they are a fall risk and appreciated knowing that physical and occupational therapy could help them.”

-Hamida Obeid, Afghan Elderly Association, CA

“Our most impactful event remains our seminars. We continue to hold one for consumers, one for home safety, and one for at-home exercises to prevent falls. We enhanced our seminar for healthcare professionals (and soon-to-be professionals) by providing a live-stream of the seminar where our medical school students were encouraged to attend as a lunch-and-learn opportunity. Next year, we hope to add our two main health/medical universities (nursing, pharmacy, radiology, P/T) and other trade schools, that can host this ‘simulcast’ across the state.”

- Erin Olsen, Falls Prevention Coalition of Idaho, Idaho

“Encouraging Falls Prevention Screenings”

“Our balance assessment event at the Senior Center brought in a diverse group of older adults, and some of these participants did not realize they were at risk of falling before they completed their assessment. Our team was able to provide materials and guidance on how to reduce their risk of falling!”

-Hannah Linden, Nevada Goes Falls Free Coalition, NV

“Attendees that participated in the University of Rhode Island CDC STEADI fall screenings were advised on fall prevention programs available, will be rescheduled for an annual fall risk screening follow up, and the objective information will be included in the Geriatric Workforce Engagement. Special thanks to the University of Rhode Island Doctor of Physical Therapy Program leadership and the Rhode Island Geriatric Education Center.”

- Ann Holmstedt, Rhode Island Hospital, Lifespan, Rhode Island

**Elevating Traditional Media**

“The activity I had the most success with this year was sending out a press release. Several media outlets, radio and tv, reached out for interviews during Falls Prevention Awareness Week. Years past, press releases were sent out and there no reaction from media outlets. It is interesting how each year is so different. The Falls Prevention Program team also was able to present in front of several senior citizen groups, which helped with falls prevention education and directing individuals to the falls prevention workshops.”

- Melissa Dale, Montana Injury Prevention Coalition, Montana
Acknowledgements

Falls Prevention Awareness Week 2022 was made possible in part by the U.S. Administration for Community Living through funding of NCOA’s National Falls Prevention Resource Center and with additional support by Amgen. NCOA gratefully acknowledges our federal and national stakeholders, as well as state and local Falls Prevention Coalitions for participating in Falls Prevention Awareness Week. We appreciate the year-round efforts to prevent falls and falls-related injuries among older adults.

Funder
• Administration for Community Living

National Stakeholders
• AARP
• Administration for Community Living
• Advancing States
• American Association on Health and Disability
• American Occupational Therapy Association
• American Physical Therapy Association
• American Podiatric Medical Association
• American Society of Consultant Pharmacists
• Brain Injury Association of America
• Centers for Disease Control and Prevention, National Center for Injury Prevention and Control
• Diverse Elders Coalition
• Evidence-Based Leadership Collaborative
• Genesis Rehab Services
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• Homes Renewed
• IDEA Center, State University of New York at Buffalo
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• LeadingAge
• Meals on Wheels America
• National Alliance for Caregiving
• National Association of Nutrition and Aging Services Program
• National Association of State Head Injury Administrators
• National Center for Healthy Housing
• National Fire Protection Association
• National Indian Council on Aging
• National Osteoporosis Foundation
• National Senior Games Association
• Prevent Blindness
• Rebuilding Together
• Safe States Alliance
• University of Southern California Leonard Davis School of Gerontology, Fall Prevention Center of Excellence
• USAging
• YMCA of the USA

Amgen is a sponsor of Falls Prevention Awareness Week 2022.

Learn more at www.ncoa.org/FallsWeek.
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