

Fire Department's Role in Falls Prevention: A Guide for Older Adults

Tripping and falling are always unexpected and can cause injuries that limit your activity. When they do occur, you may need help getting back up or medical care. Plan ahead using these tips to ensure your safety.

1



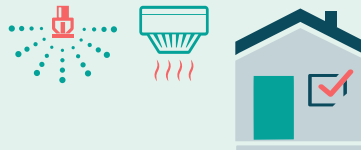
Keep your phone and medical technologies with you to quickly get the help you need.

2



Talk to your local fire prevention officials to develop a plan to provide access to your residence without damaging your property.

3



Speak with your local fire department to schedule a home safety check, including a smoke alarm installation.

4



Make a list of your health conditions and medications and store in one easy-to-find place.

5



Share details of your fall with emergency responders as they can make your home safer.

To learn more, visit ncoa.org/Falls