

# Falls Prevention Programs Across

Since \_\_\_\_\_ more than \_\_\_\_\_ people have participated in Falls Prevention programs in the community and online.

More than \_\_\_\_\_ workshops were hosted at over \_\_\_\_\_ sites throughout the \_\_\_\_\_, with an average of \_\_\_\_\_ participants.

**Evidence-Based Falls Prevention programs target older adults and adults with disabilities who are at risk. Among participants:**

% aged 60+

% manage more than one chronic condition

## Top three chronic conditions:

1.

2.

3.

% are People of Color

% are Hispanic/Latino

% live alone

% have a disability



# Benefits to older adults

More than \$50 billion is spent on costs related with falls each year. Evidence-based falls prevention programs help older adults adopt falls-reducing behaviors to avoid costly injuries and death.



**52%**

Exercised at home

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**16%**

Had medications reviewed

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**36%**

Improved confidence in becoming more steady on their feet

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**45%**

Made changes to home to reduce falls risk

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**78%**

Reduced fear of falling as a result of the program

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