



# News Release

**Sunrise Fire-Rescue Department**  
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For Release: IMMEDIATE

## Prevent Falls in 2016!

(SUNRISE, FL)- September 22nd is Falls Prevention Awareness Day, and the National Council on Aging has revealed this year's theme: *Ready, Steady, Balance: Prevent Falls in 2016*.

Taking a spill - whether from tripping or simply losing one's balance - can be downright dangerous. Injuries commonly occur - causing pain, suffering, and even death in some cases. One-in-three adults age 65 and older fall each year, resulting in 2.5 million emergency room visits and over \$35 billion in healthcare costs. Fall-related injuries are a leading cause patients needing long-term care.

Fortunately, falling isn't inevitable, and it often can be prevented. You can take action to effectively reduce your risk factors such as fear of falling, gait and balance problems, certain medications, clutter in the home, and some health conditions.

- **Stay Active.** Lack of exercise results in diminished muscle tone and bone density, whereas physical activity can maintain and even *increase* strength and balance.
- **Visit your doctor:** regularly review medications for side effects and interactions, have your vision & hearing checked, updating prescription glasses and hearing aids if needed.
- **Use assisted devices** – such as a walker – as advised and use them consistently.
- **Do a home safety check** to identify and correct common hazards like loose rugs, cluttered walkways, and insufficient lighting.

Classes for activities proven to both reduce a person's likelihood of falling and buffer against injuries resulting from a fall – such as Tai Chi, Chair Yoga, and A Matter of Balance - are offered regularly at the City of Sunrise Senior Center. Please call (954) 572-3670 for details. A broad range of resources can also be obtained through the [Aging and Disability Resource Center \(ADRC\)](#) by calling (954) 745-9779.

As part of a comprehensive prevention program, at patients at risk for falls are referred for consultation with the Sunrise Fire-Rescue (SFR) Community Paramedic by the Senior Center's social worker, area hospitals, and SFR paramedics in the field. For willing patients, the Community Paramedic then provides an in-home visit, reviewing medications and other health and safety concerns, giving customized recommendations and helping connect them with additional services.

"We're targeting fall-related injuries as a community risk issue," said Sunrise Fire Chief Thomas DiBernardo. "Teaching people how to prevent falls is the most important step."

For ongoing safety tips and news from Sunrise Fire-Rescue, please visit [www.sunrisefl.gov](http://www.sunrisefl.gov),  
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