

Fall Prevention Awareness Day 2010

If you can answer yes to any of the following questions, you might benefit from awareness activities happening around Geauga County on Thursday, September 23rd:

- Have you fallen in the last 6 months?
- Do you feel like your balance has gotten worse lately?
- Are you afraid that you will fall?
- Are you living independently and want to remain living independently?

All seniors want to live healthy and independent lives. Even a simple fall can result in injuries that can jeopardize that independence!

Nationally, more than a third of older adults will fall each year. Falls are the leading cause of injury-related hospitalizations for older adults. Falls are also the most common cause of traumatic brain injury (TBI), which results in brain cell death and loss of function, for an older adult.

The good news is that falls are preventable.

Join your friends from the Geauga County Department on Aging as we take steps toward preventing falls & remaining safe!

These programs are made possible by the Geauga Senior Services Levy, Title III Older American Act Grants through the Western Reserve Area Agency on Aging and Donations to the Geauga Department on Aging.



**Geauga County
Department on Aging
12555 Ravenwood Drive
Chardon, Ohio 44024**

***IMPORTANT: RSVP to the Individual Senior Centers for September 23rd Programs:
Multi Purpose Senior Center:
(440) 279-2130
Thompson (Thurs Only): (440) 298-3822
Chagrin Falls Senior Center: (440) 247-8510
West Geauga Senior Center: (440) 729-2782***

**Special Thanks and Appreciation to the
Gauga County Commissioners:
William S. Young ♦ Tracy A. Jemison
Mary E. Samide**



Fall Prevention Awareness Day September 23, 2010 *(Held on the 1st day of Fall)*

The Geauga County Department on Aging presents a day dedicated to helping seniors learn how they can lower their risk for falling and continue to live independently.



FALL PREVENTION DAY COUNTY-WIDE EVENTS

Join Geauga County Seniors on Thursday, September 23rd to learn how to prevent falls.

CHARDON SENIOR CENTER 12555 Ravenwood Drive

IN-"PHARM"-ATION 12:30 PM

Do you have any questions about your medicines? What side effects should you look out for? What about all the drug news you hear about on TV? These and many other safety topics will be discussed in this open discussion with the pharmacist. If you would like a personal consultation, please bring your medication list with you!!! Presented by University Hospitals Geauga Medical Center.

WEST GEAUGA SENIOR CENTER 11414 Caves Road (Chesterland)

HOME RISK REVIEW &

ASSISTIVE DEVICES 12:30 PM

Take the Home Risk Assessment and determine safety issues which may pose hidden dangers in your home. A Physical Therapist from UH Geauga Medical Center will also make a presentation: "What if I do Fall?" along with proper use of assistive devices. There will also be a balance exercise demonstration.

CHAGRIN FALLS SENIOR CENTER 7060 Woodland Ave. (Bainbridge)

I'VE FALLEN & I CAN'T GET UP

TAI CHI DEMO 10:30 AM

This program is designed to provide information regarding home safety and the available devices to ensure you are safe at all times. Come join us for this informative presentation, pick up a tip or two & have your questions answered by a

Physical Therapist from UH Geauga Medical Center. Additionally, Tai Chi exercises have been shown to provide 47% reduction in falls. Hamlet Village sponsors a free Tai Chi class this morning and we welcome you to give it a try!

THOMPSON SENIOR CENTER 8091 Plank Road (Thompson)

MAINTAINING YOUR HOME &
REMAINING INDEPENDENT 10 AM

Join with Geauga Department on Aging's Chore & Home Maintenance Staff as they discuss and demonstrate the importance of making changes to your home in order to reduce hazards, support daily activities, and adapt your home to meet health, safety, fire and ADA requirements. Home Instead Senior Care will also be on hand to talk about senior care services that can be delivered right into your home.

• HOME DELIVERED MEALS • MEDICAL ESCORT • GEAUGA TRANSIT

PREVENTING FALLS

Home Delivered Meals volunteers and Transit & Escort drivers will distribute information today with details on steps to prevent falls and remain safe in the home.

Partners Include:



IN CHAGRIN FALLS



Prescription Drug Drop-off Program

What do you do with your unused or expired prescriptions and medications?

The Geauga County Department on Aging is teaming up with the Geauga County Sheriff's Office and local law enforcement to provide an opportunity for seniors to dispose of their old prescription drugs.

The drug drop-off event is set for **Thursday, September 23rd** as part of **Fall Prevention Awareness Day**.

Local law enforcement agencies will be collecting expired, unused and unwanted prescription drugs at four Geauga Senior Centers on **September 23rd**:

10:30 AM – 11:30 AM:
Chardon Senior Center
Chagrin Falls Senior Center

12 Noon – 1 PM:
West Geauga Senior Center
Thompson Senior Center

The Sheriff's Office & Department on Aging have several goals: to prevent accidental ingestion & illegal refills, keeping drugs out of the hands of kids, & environmental concerns.

Seniors may drop-off any prescribed or over-the-counter medications, samples and supplements in their original containers or plastic bags. Remove or mark over any personal identifying information on the bottles.

Needles or other sharps, aerosols or infectious waste will not be accepted.