



State of Wisconsin
Department of Health Services

Jim Doyle, Governor
Karen E. Timberlake, Secretary

SEPTEMBER IS FALL PREVENTION MONTH

Governor Jim Doyle, by proclamation, has declared September 'Fall Prevention Month' in Wisconsin. Governor Doyle, with support from the Wisconsin Department of Health Services (DHS), urges organizations and individuals to observe the month by becoming familiar with the risk factors associated with falls, and to learn about and practice ways to reduce the risk of falling, add years to life, and maintain quality of life and independence for Wisconsin's older adults.

Towards this effort DHS has put together the following resources and activities to help you observe this month within your organization and your community. Below you will find lists of potential activities, resources including fact-sheets and examples of newsletters, lists of potential partners and websites where you can find additional information. We encourage each of you to visit the DHS website on fall prevention as a starting point.

<http://dhs.wisconsin.gov/health/InjuryPrevention/FallPrevention/falls.htm>

ACTIVITIES

Activities can take place at senior centers, parks, hospitals, grocery stores or any where else seniors may congregate or where you may reach those who care for seniors. Remember to get the community involved by bringing in a variety of partners.

- Provide Tai Chi demonstrations
- Organize Walkability audits (examples available at stopfalls.org)
- Hold Medication reviews with pharmacists
- Provide Vision Screenings
- Kick-off a new walking club
- Explore ways to bring Stepping On and Sure Step classes to your community
- Provide community fall risk screenings
- Distribute educational flyers
- Display fall prevention information throughout the community (i.e. libraries, shopping malls, grocery stores)
- Engage prominent community leaders
- Develop media spots
- Provide trainings to service providers
- Have safety related giveaways for participation in your events

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PARTNERS

- Area Agencies on Aging <http://dhs.wisconsin.gov/aging/contacts/coagof.htm>
- Aging and Disability Resource Centers
<http://dhs.wisconsin.gov/lcicare/Generalinfo/adrcontactlist.pdf>
- Public Health Departments <http://dhs.wisconsin.gov/localhealth/index.htm>
- Pharmacies
- Clinics and hospitals
- Senior Centers
- Churches (a template bulletin is available on request)
- Community clubs and organizations (bridge, AARP, quilting, dance, etc.)
- Shoe stores, restaurants, golf courses, coffee shops, etc.

WEBSITES

The following websites have educational information about falls and falls prevention. Many of these sites have brochures, posters, home safety checklists and other materials available to print and reproduce.

Wisconsin Department of Health Services

<http://dhs.wisconsin.gov/health/InjuryPrevention/FallPrevention/falls.htm>

National Council on Aging

<http://www.healthyagingprograms.com/content.asp?sectionid=69>

Centers for Disease Control and Prevention

<http://www.cdc.gov/ncipc/preventingfalls/>

Home Safety Council

www.homesafetycouncil.com

Fall Prevention Center of Excellence

www.stopfalls.org

Minnesota Falls Prevention

www.mnfallsprevention.org

A collaboration of the Division of Public Health and the Division of Long Term Care at the Wisconsin Department of Health Services
