Example Activities for Falls Prevention Awareness Day

**State Level**

- Hold a press conference with legislators or other champions to announce Falls Prevention Awareness Day
- Celebrate the day by having older adults converge on the state capitol
- Provide testimony to policymakers

**Community Level**

- Create a Falls Prevention display showing safety items
- **Host a Falls Prevention Discussion Group**
- Organize a walk (possibly with a neighborhood walking group)
  - Conduct a walkability audit
  - Make/carry signs
  - Write a slogan or chant to say while walking
  - Write down areas where sidewalks are cracked or other hazards exist and send the list to Public Works
- Offer a Tai Chi demonstration
- **Ask your physical activity leaders to incorporate falls prevention information into their sessions**
- Offer vision exams
- Offer Balance and Gait testing
- Offer blood pressure checks
- Have a podiatrist come and offer foot exams
- **Have a Physical Therapist come and talk about proper use of assistive devices**
- Ask a local pharmacist to offer medication reviews at your location
- Consider giving out:
  - Nightlights
  - Non-skid strips for bathtubs and showers
  - Double-sided tape for throw rugs
  - Textured tread tape for stairs
  - Garbage bags for clutter removal
- **Contact any media connections you have and let them know about Falls Prevention Awareness Week and what you’re doing**
• Organize falls prevention workshops
• Set up tables or displays with falls prevention information:
  o where to exercise locally
  o benefits of physical activity
• Distribute CDC Falls Prevention brochures:
  o What You Can Do To Prevent Falls
  o Home Falls Prevention Checklist
• Distribute Washington State’s Stay Active and Independent for Life information guides
• Have older adults complete their own falls risk assessment
  o Example from Washington State: My Falls Free Plan
    ▪ Checklist of fall risks for older adults to complete
    ▪ Health care provider instructions for completion and use of checklist
• Hold exercise demonstrations, and provide information and resources
• Distribute vision impairment information and resources
• Conduct eyewear cleaning

See http://www.stopfalls.org/FPweek/service_providers.shtml for additional ideas.