



**Preventing Falls...  
One Step at a Time**

# STEADY U Ohio Partner Newsletter

*February 2018*

Please use the following in your **February** newsletters and outreach.

## **This Valentine's Day, tell your loved one: "Don't fall for me!"**

Love is in the air, but hidden falls risks may be underfoot for someone you love. You *could* celebrate this time of love and devotion with just flowers or a box of chocolates. **Or** you could help the people you care about most prevent falls and fall-related injuries. Valentine's day provides a great opportunity to talk about falls prevention in a fun way, while showing how deeply you care.

The STEADY U Ohio initiative suggests discussing these falls risk factors with older loved ones:

- **Fear of falling** – Being afraid of falling can cause your loved ones to change their behavior in ways that actually increase their risk of falling.
- **Chronic conditions** – Medications for chronic conditions common in older adults, such as diabetes, high blood pressure and pain, can make them dizzy or drowsy.
- **Nutrition** – If your loved ones aren't eating a balanced diet rich in vital nutrients, they may not have the strength they need to stay on their feet or avoid injury if they do fall.
- **Hydration** – If your loved ones aren't getting enough non-alcoholic liquids to drink, they may experience dizziness and instability.
- **Assistive devices** – Canes and walkers can help some older adults significantly reduce their risk for falling, but only if properly adjusted and used appropriately.
- **Environmental hazards** – Inadequate lighting, clutter, rugs, pets and floors in need of repair are some of the most common fall risks in the home.

Visit [www.steadyu.ohio.gov](http://www.steadyu.ohio.gov) for more tips and resources to prevent falls.

## **Social Media**

**Facebook:** Tell your loved one: Don't fall for me, Valentine! Find fall prevention tips and resources from STEADY U Ohio. #PreventFalls [www.steadyu.ohio.gov](http://www.steadyu.ohio.gov)

**Twitter:** Use tips and resources from @SteadyUOhio to keep your Valentine from falling. #PreventFalls. [www.steadyu.ohio.gov](http://www.steadyu.ohio.gov)



### **Tia's Touch-Base**

Happy 2018! As we enter the new year, we are looking at some of the other evidence-based falls programs that are available. While much of the state is enjoying the benefits of A Matter of Balance, there are other great falls prevention programs that you may want to consider adding to your menu. Stepping On, Tai Chi and Otago are a few of the ACL-endorsed evidence-based falls programs. To learn more about these programs and training requirements, visit <https://www.ncoa.org/wp-content/uploads/Title-IIID-Highest-Tier-Evidence-FINAL.pdf>.



### **Communications Corner**

It can be hard to talk to an older loved one about falling. Many older adults don't want to talk about it because they see falling as a threat to their independence. You can assure your loved one that falling is **not** a normal part of aging, and most falls can be prevented. You can share stories of others you know who have fallen, even your own falls, and ask questions such as: "What could she have done to prevent that fall?"

### **Quick Links**

[www.steadyu.ohio.gov](http://www.steadyu.ohio.gov)

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