What you can do to prevent falls...

1) Call the Ventura County Fall Prevention Coalition (VCFPC).

2) Medication Management: Know the effects of medications, diet, and lifestyle.

3) Have regular eye exams.

4) Balance & Mobility: Engage in regular exercise and strength building activities. To improve balance. Always complete exercises as instructed by your physical therapist.

5) Always use your prescribed cane or walker. *Ask for instructions on how to use it or other assistive devices!

6) Home Safety: A safety assessment can help you identify and correct many potential hazards in your home. Call the VCFPC for more details.

7) Consider a Medical Alert System in the event that you do fall.

The source for fall prevention solutions in Ventura County

Ventura County Fall Prevention Coalition
646 County Square Dr., #100
Ventura, CA 93003
(800) 510-2020
(805) 477-7300
www.countyofventura.org

"A Step In The Right Direction"

Made possible with a grant from the Archstone Foundation
Our Mission:
To prevent falls among the elderly through the application of available resources.

The Ventura County Fall Prevention Coalition

The Ventura County Area Agency on Aging and Public Health Department have partnered together to lead the community in fall prevention efforts. The goal of the coalition is to capitalize on existing fall prevention resources and expertise by making them available to seniors county-wide.

Who We Serve:
Anyone age 60 and older in Ventura County

Fall Facts:
- Every hour an older adult dies as the result of a fall.
- Among older adults, falls are the leading cause of injury deaths.
- More than 1/3 of adults age 65 and older fall each year.
- Falls among older adults cause over 90% of broken hips; less than 50% of those who break their hip will get around as they did before and up to 20% will die within the year.
- Risk factors include: being over 65, poor gait and balance, taking 3 or more prescription medications, vision problems, and environmental hazards.

Call 1-800-510-2020 to get more information on how the Ventura County Fall Prevention Coalition can help you.

Services:
- Information, resources, and referrals.
- Education.
- Workshops and presentations.
- Training for caregiver and professionals.
- Community demonstrations and events.
- Advocacy.

Visit our Website:
aaa.countyofventura.org