Did you know that in CT, falls are the leading cause of injury among older adults (60 years and up)? During Falls Prevention Awareness Week, from Monday, September 21 to Friday, September 25, we encourage you to learn about your personal fall risks and take action to avoid future falls.

1. **Know Your Fall Risks:** Answer 13 easy questions using the National Council on Aging's Falls Free CheckUp to learn about how you can maintain your independence and stay falls free: https://bit.ly/Falls-CheckUp

2. **Talk to Your Family:** It can feel lonely experiencing the fear of falling, but it doesn't have to be. Start a conversation with your family and friends today about how to protect yourself. https://bit.ly/FPAW-Talk-to-Your-Family

3. **Talk to Your Doctor + Review Your Medications:** Taking more than one medication increases the chance of side effects, medication interactions, and the risk of falling. Talk to your doctor about your medications and your history of falls. https://bit.ly/FPAW-Review-Medications-with-Your-Doctor

4. **Make Your Home Safe:** Many older adults fall at home each year due to common household hazards. Learn how you can keep your home safe. https://bit.ly/FPAW-Make-Your-Home-Safe

5. **Find a Good Exercise Program:** You might find yourself feeling unsteady as you age. Though that might be the case, there are exercise programs that can help improve balance, strength, and flexibility. See how you can stay strong and find an exercise program in your area. https://bit.ly/FPAW-Find-A-Good-Exercise-Program

6. **Care for Your Vision and Hearing:** Your vision and hearing play an important role in good balance, which is needed for everyday activities to prevent falls. Explore ways to keep your eyes and ears healthy to prevent falls. https://bit.ly/FPAW-Care-for-Your-Vision-Hearing

Falls prevention is a team effort, involving caregivers, occupational and physical therapists, doctors, pharmacists, first responders, local public health departments, and other community members. That's why the CT Department of Aging and Disability Services and the CT Department of Public Health have launched Falls Free CT, a statewide falls prevention coalition. The Farmington Valley Health District participates in Falls Free CT to leverage the latest falls prevention information and resources to benefit the people we serve. To learn more and download the coalition's Falls Prevention Program Guide to find a local falls prevention program near you, visit https://fallsfreect.org/preventing-falls/.