



September Support Group Leaders Curriculum

This Autumn, Don't Fall

NOF would like to remind everyone that each year approximately one third of adults over age 65 will fall – many of whom will suffer broken bones due to osteoporosis. Falling is the leading cause of fatal and non-fatal injuries among our country's older population, and it can generate great personal and financial costs. Even though many believe that falls are unavoidable as you grow older, falling is not a normal part of the aging process. Falls can be prevented through precautions like simple lifestyle adjustments, strength and balance exercises, medication management, and regular vision exams.

Below are multiple resources that can help you plan your fall prevention support group activities.

National Council on Aging's Falls Prevention Week

Join the National Council on Aging (NCOA) **September 20-24, 2021** for Falls Prevention Week, a nationwide effort to raise awareness that falls are preventable. Encourage older adults to be falls free and independent by leveraging NCOA's Falls Prevention Awareness Week Promotion Toolkit (see link below).

Support Group Leaders are encouraged to share NCOA's Falls Free CheckUp -- a tool that highlights a personalized overview of falls risk factors and ways to address them. Visit the [Falls Free CheckUp](#) link, where older adults can answer 12 simple questions to get their falls-risk score and learn the steps to take to reduce this avoidable hazard.

Explore falls prevention strategies and encourage older adults to be falls-free and independent by utilizing NCOA's Falls Prevention Awareness Week Promotion Toolkit here <https://www.ncoa.org/article/falls-prevention-awareness-week-toolkit>. The toolkit shares information you can use to generate engagement, including encouraging friends and family to make falls prevention a team effort. In addition, there is a variety of banners, logos, flyers and infographics in English and Spanish available for download.

Tips for Caregivers from the National Council on Aging

- [6 Falls Prevention Steps to Help Your Older Loved Ones](#)
- [Take Control of Your Health: 6 Steps to Prevent a Fall Infographic](#)

Let's Create Balance, Fall Prevention Webinar

On Sept. 23 at 12:30pmET, join the New York State Osteoporosis Prevention and Education Program/Helen Hayes Hospital for their annual fall prevention webinar. Learn more and register by visiting <http://www.nof.org/wp-content/uploads/NYSOPEP-Flyer.pdf>.

NOF's User-Friendly Falls Prevention Resources

Some common causes of falls include both outdoor and indoor hazards. Certain lifestyle behaviors can also increase your chances of falling. Visit <https://www.nof.org/patients/fracturesfall-prevention/> for excellent, easily implemented advice about outdoor activity and a room-by-room inventory of easily preventable pitfalls.

25 Easy "To Dos" to Prevent Falls

Checklists are always an easy-to-use tool to ensure the job gets done quickly and completely. NOF's [25 Ways to Prevent Falls](#) is an excellent resource to help ensure precautions are taken to help make your home a safe, fall-proof haven.

Fracture Prevention for Daily, At-Home Activities

If you have osteoporosis, performing daily activities with caution and care is just as important as healthy eating and choosing the right exercise routine. NOF's handy, information-packed flyer highlights the safety basics for everyday actions. Visit [Fracture Prevention for Daily Activities](#) to learn more.

Bone Basics

[Tips for Preventing Falls](#) covers outdoor and indoor safety precautions, as well as physical changes we experience with aging, and basic guidelines for averting falls. Expert insight addressing the physical changes we experience with aging and basic guidelines for averting falls is also shared.