



Falls Prevention Awareness Week has begun!

Falls continue to be a national public health concern, often leading to broken bones. Join BHOFF the week of September 18-24 in a nationwide effort to raise awareness that falls are preventable. Share the National Council on Aging's newly updated *Falls Free CheckUp* released last week and now available [here](#)

The National Council on Aging's (NCOA) newly updated Falls Free CheckUp is also available in **Spanish** [here](#)

The *Falls Free CheckUp* online tool incorporates input from patient and provider focus groups. It asks 13 "yes or no" questions, and only takes a few minutes for older adults to complete.

It now features:

- A strong call to action for older adults with high fall risk to follow-up with their doctor or other healthcare provider to find out what they can do to reduce their risk. In support of this, the tool gives the older adult the ability to download or email results reports to share with healthcare providers, schedule reminders to re-take the screening tool later, and reminders to schedule appointments with healthcare providers.
- Videos of peers informing the older adult of and encouraging them to take the important next steps based on their results
- Useful information on fall risk factors and actionable ways to prevent falls and fall injuries
- Links to fall prevention resources for both the older adult and their doctor

Tools and resources for you and your institutions to use, including additional graphics to promote the Falls Free CheckUp in English and Spanish, are [available in the NCOA toolkit](#)

The CDC offers a [partner toolkit](#) with sample social media messages, a 15-second video and newsletter articles about the Falls Free CheckUp.

The BHOFF Preventing Falls and Broken Bones webpage includes additional resources. [Click here](#) to check it out today.

BHOFF is also hosting a [Fall Prevention Webinar](#) on **Wednesday, September 21 at 12PM ET** which will discuss how physical therapy and occupational therapy can help improve bone density and the role it can play in helping to prevent falls. [Register here!](#)

Thank you for sharing these important messages with your patient communities throughout the month of September and beyond.