We all expect changes as we age… but aging doesn’t have to mean giving up:

- things we value, or
- activities we enjoy doing, or
- our self-confidence, or
- our ability to contribute to the well-being of our family and community.

It’s never too early or too late to start!

If you’d like to know more:
www.anthc.org/chs/wp/injprev/elder-fall.cfm
email: hdstrayer@anthc.org
(907) 729-1900

www.AlaskaAging.org/falls/
email: nancy.jamieson@alaska.gov
(907) 465-1605

I decided to take up activities that build strength, balance and flexibility.

What are some other choices?
Your choices make a difference. What’s right for you?

I asked my pharmacist to look at all my medicines. I know there are medicines that can make me light-headed or fuzzy — more likely to slip or trip.

I got my eyes checked because I know vision problems can cause a slip, trip or fall.

I want to stay in my own home as long as I can, so I got one of those home safety checklists and went through every room. I’m making some changes and I know they will pay off.

Anyone can trip, slip and fall, but a fall can cause more harm when we are older. There are choices we can make to make ourselves more ‘fall-proof’ and protect our independence.

Many people are doing just that.