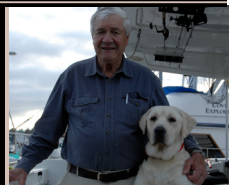
It's never too early or too late to start!

Alaska Senior Falls Prevention Week

September 18-24, 2011

Independence Choice Confidence



How important are these to you?

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.

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

What are some other choices?

STATE of ALASKA
Department of Health and Social Services

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

Your choices make a difference.

What's right for you?

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.

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

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.

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.