

# How important are these to you?



Independence  
**Choice**  
Confidence



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

**September 18-24:  
Fall Prevention  
Week**

**Your  
choices  
can  
make  
all  
the  
difference.**



*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.*

***It's never too early or too late to start —  
what's right for you?***

**If you'd like to know more, contact the Senior Falls Coalition or ANTHC today:**

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[www.anthc.org/chs/wp/injprev/elder-fall.cfm](http://www.anthc.org/chs/wp/injprev/elder-fall.cfm)