

60 or older?

If you are 60 or older, a fall resulting in a fracture elevates your risk of dying in the next five to ten years.



Alaskan seniors are more likely to be hospitalized from a fall than seniors nationally. In Alaska, one in four senior falls is associated with the use of alcohol or drugs (including prescription drugs).

Lower your risk for falling:

- Exercises that improve strength and balance.
- Have your health care provider review your medicines.
- Vision and hearing checked at least once a year.
- Well-fitting, securely tied shoes.
- Drink alcohol in moderation if at all.

Make your home safer:

- Remove obstacles that can cause tripping.
- Use non-slip mats, install grab bars in the bathroom and shower.
- Upgrade home lighting.

Falls are the number one source of injury to older Alaskans. They can result in brain injuries, hip fractures, and other trauma requiring hospitalization or long-term care. Falling and the fear of falling can lead to depression, loss of mobility, and loss of independence.

Governor Sean Parnell has proclaimed September 21-27, 2009 "Senior Fall Prevention Week" in Alaska.

Many falls can be prevented. Communities can help reduce senior risks for falls by keeping sidewalks and parking lots free of ice and snow, and by offering education, home modification, and exercise programs to improve seniors' strength and balance.

For more information, please call the Aging and Disability Resource Center at 1-877-625-2372 and visit the Alaska Commission on Aging website at www.alaskaaging.org.

A message from the Alaska Commission on Aging and The Alaska Mental Health Trust Authority.

You KNOW me
The Alaska Mental Health Trust
www.mhtrust.org **The TRUST**