

Produced by:

Department of Health and Social Services, Division of Public Health, Chronic Disease Prevention and Health Promotion, Fall-Related Injury Prevention.

Senior Fall Risk Assessment PSA

March, 2012

(CG on TV – audio on radio PSA)

Script:

This is Dr. Ward Hurlburt, Alaska's Chief Medical Officer.

As an active senior, my independence is important to me.

One of the ways for you to maintain that same independence is to reduce your risk of falling.

A fall risk assessment can be part of your initial or annual Medicare exam.

They'll ask about your vision, and review your medications for possible problems.

You'll learn important ways to improve balance, strengthen muscles, and reduce hazards at home.

Contact your Medicare provider for an appointment.

Stay fit, stay healthy, and stay independent.

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