

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:

nancy.jamieson@alaska.gov

(907) 465-1605

www.AlaskaAging.org/falls/

hdstrayer@anthc.org

(907) 729-1900

www.anthc.org/chs/wp/injprev/elder-fall.cfm