

Know it before you need it...



# National Fall Prevention Day

## “The Mary Poppins Bag of Fall Prevention Tips”



Falls are not a normal part of aging. But they do happen for a reason and they can be prevented. The National Council on Aging and Pierce County Aging and Disability Resources host an online presentation about the most common causes of falls among older adults. Learn about those hidden hazards around the house and in your neighborhood. Get tips on how to avoid falls, be safe, be healthy and enjoy home and community.

**A free online workshop for the whole family**  
**National Fall Prevention Day**  
**September 22, 2020**

**10:00 a.m.**

Join online: <https://piercecountywa.zoom.us/j/98690465036>  
Join by phone: 253-215-8782 or 888-788-0099 (Toll Free)  
Webinar ID: 986 9046 5036

**7:00 p.m.**

Join online: <https://piercecountywa.zoom.us/j/97825656633>  
Join by phone: 253-215-8782 or 888-788-0099 (Toll Free)  
Webinar ID: 978 2565 6633

*Sponsored by:*  
*Pierce County Aging & Disability Resources*  
*and the National Council on Aging*  
*Call (253) 798-4600 for more information*



## Pierce County

### Human Services

1305 Tacoma Avenue, Suite 104  
Tacoma, Washington 98402

## Tips Offered for Prevention of Senior Falls

Each year, thousands of educators, caregivers, health and aging professionals, and older adults across the country focus their efforts on one goal: preventing falls. Pierce County Aging & Disability Resources (ADR) is partnering with the National Council on Aging (NCOA) and the Falls Free® Initiative to celebrate Falls Prevention Awareness Day on September 22. This year's activities will focus on tips to prevent falls at home and in the community.

Aging & Disability Resources will host an online workshop on September 22, the first day of Fall, at 10 a.m. and 7 p.m. "The Mary Poppins Bag of Fall Prevention Tips" will be presented by Sandy Gatlin, Master Trainer and West Regional SAIL Coordinator. Gatlin will take viewers through the house, around the yard and in the neighborhood to see the most common causes of falls and how to avoid them. Falls are the leading cause of injury for people aged 65 and older, but they are not an inevitable part of aging. There are proven ways to prevent them. This fun online event will empower older adults and those they care about to stay active, independent, and safe in their homes and communities.

"More than any other episode, falls have significant after-effects," said Aaron Van Valkenburg, Manager of Pierce County Aging and Disability Resources. "Those consequences range from a few weeks recovery from bumps, scrapes and bruises to critical injuries that can lead to life-long disabilities. This kind of education can change a community, and that's why we're proud to support Falls Prevention Awareness Day as part of our year-round commitment to supporting older adults in Pierce County."

Each year, 28% of Washington residents over age 65 experience a fall. In Washington State, fall-related injuries account for more than half of all injury-related deaths of adults aged 65+ and 70% of all injury-related deaths for adults aged 85+. Falls can cause moderate to severe injuries, such as hip fractures and head injuries, and can increase the risk of early death. Falls are a public health problem that are largely preventable.

The workshops are free and no registration is required. On September 22 log on:

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For more information about this event contact the Pierce County Aging & Disability Resource Center at 253-798-4600 for more information

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Media Contact: Bob Riler, Outreach & Education Specialist  
Pierce County Human Services, Aging and Disability Resources  
[bob.riler@piercecountywa.gov](mailto:bob.riler@piercecountywa.gov) or (253) 798-7384