

# Falls Prevention Awareness 2021

Falls are a growing public health issue, especially for vulnerable populations. In Georgia, falls are the leading cause of unintentional injuries for children and adults over the age of 65. To promote continued progress, Falls Prevention Awareness Week is observed September 20-24. Falls Prevention Day is September 22. Through education, advocacy, and action, nationwide efforts highlight risk factors, prevention strategies, and policy solutions for falls and fall-related injuries. Browse the resources below to learn more about the impact of falls and reducing the burden of fall-related injuries year-round.

## NCOA'S PROACTIVE MEASURES

A fall for older adults can have major life consequences, such as hip fractures, head injuries, loss of independence, and loss of life. The National Council on Aging highlights six proactive measures for staying safe and preventing falls.

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## STEADI INITIATIVE

The Stopping Elderly Accidents, Deaths & Injuries (STEADI) Initiative, developed by the CDC, provides healthcare professionals with the necessary training and tools to integrate falls risk screening and assessment into routine clinical practice for older patients.

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## GEORGIA HEALTH MATTERS

To educate local communities about healthy aging, Georgia Health Matters is hosting innovative fall prevention workshops centered around reducing the fear of falling and improving physical activity levels. Available classes include 'A Matter of Balance', Tai Chi, and Bingocize.

[ENROLL HERE >>](#)

## CHILDPROOFING AND PLAYGROUND SAFETY

External hazards combined with curiosity and a lack of fully developed motor skills put children at heightened risk for a fall-related injury. Safe Kids Worldwide has developed a comprehensive list of strategies to help parents and caregivers protect children in the home and at playgrounds.

[LEARN MORE >>](#)

## HUMPTY DUMPTY FALLS PREVENTION PROGRAM

The Humpty Dumpty Falls Prevention Program, developed by Nicklaus Children's Hospital in Miami, FL, has been implemented as a pediatric fall prevention and patient safety tool in 900+ US hospitals and 160+ international medical centers to engage families and improve the quality of care among young patients.

[READ MORE >>](#)



### ADDITIONAL RESOURCES

[National Council on Aging - Falls Prevention Awareness Week Promotion Toolkit](#)

[CDC - Important Facts about Falls](#)

[CDC - Fall Prevention](#)