

# LOUIS S. VIVERITO SENIOR CENTER

# FALL PREVENTION

# FAIR

**Learn How You Can Prevent Home Accidents**

**Thursday • June 15th**  
**9-11:30 am.**

**at the LSV Senior Center**

**7745 S. Leamington • Burbank, IL • 708.636.8850**

**Learn about these important topics related to fall prevention:**

- BP screening
- Vision screening
- Pulse and pulse oximetry screening
- Balance Screening Test
- Home Modifications
- Adaptive ADL equipment
- Matter of Balance workshop information  
by Laurie Dylla Rockwell, MS, OTR/L

**Presented by**  
**Fox College**  
**Occupational**  
**Therapy Assistant**  
**Students**  
**and Faculty**

**Two special 15-minute presentations include:**

- Home Modification Presentation by Blaine Robinson, CAPS, Certified Aging in Place Specialist and Monika Robinson, DrOT, OTR/L, Occupational Therapist, from Living Fully at Home.com.
- Tai Chi Demonstration: Fox College OTA faculty Anna Blazevic, MS, OTR/L, Certified Yoga and Tai Chi Instructor

### **Falls are the leading cause of fatal and non-fatal injuries for older Americans.**

Falls threaten seniors' safety and independence and generate enormous economic and personal costs. However, falling is not an inevitable result of aging. Through practical lifestyle adjustments, evidence-based falls prevention programs, and clinical-community partnerships, the number of falls among seniors can be substantially reduced.

#### **The Challenge**

According to the U.S. Centers for Disease Control and Prevention:

- One-fourth of Americans aged 65+ falls each year.
- Every 11 seconds, an older adult is treated in the emergency room for a fall; every 19 minutes, an older adult dies from a fall.
- Falls are the leading cause of fatal injury and the most common cause of nonfatal trauma-related hospital admissions among older adults.
- Falls result in more than 2.8 million injuries treated in emergency departments annually, including over 800,000 hospitalizations and more than 27,000 deaths.
- In 2013, the total cost of fall injuries was \$34 billion. The financial toll for older adult falls is expected to increase as the population ages and may reach \$67.7 billion by 2020. Falls, with or without injury, also carry a heavy quality of life impact. A growing number of older adults fear falling and, as a result, limit their activities and social engagements. This can result in further physical decline, depression, social isolation, and feelings of helplessness.