



Part of the Family Caregiver Support Series, sponsored by Home Instead, Inc., franchisor of the Home Instead Senior Care® network.

Fall Prevention

According to the Centers for Disease Control and Prevention (CDC), one in three older adults over age 65 falls each year, but less than half will bring their accident to the attention of a healthcare provider.

As people age, they experience natural aging effects, such as stiff joints, poor eyesight, and decreased muscle strength along with poor balance. Natural aging along with chronic conditions, such as cataracts, arthritis and Parkinson's disease, can increase the risk of falling.

Reducing the risk of falls and accidents is vital in helping to minimize the risk of hospitalization in older adults. According to a study published in the American Journal of Public Health, 20-30% of older adults hospitalized for a fall suffer moderate to severe injuries. That could lead to decreased mobility, loss of independence and increased risk of death.

Register for this webinar to learn an overview of the signs that an older adult may be at risk for falling and learn simple and practical solutions on how to reduce the risk of falls in the home.

Participants in this webinar will be able to:

- Understand the signs that an older adult may be at risk for falls;
- Recognize six ways to reduce the risk of falls in the home;
- Learn how to reduce the risk for falls outdoors in the winter months; and
- Discover resources to improve home safety and reduce the risk of hospitalization.

WEDNESDAY

October 7, 2020

10:00 AM (PT) • 11:00 AM (MT)

12:00 PM (CT) • 1:00 PM (ET)

Recording of this webinar will be available for 60 days after the live webinar date.

Includes one complimentary CE credit.

The continuing education (CE) credits are offered in cooperation with the American Society on Aging. For more information and to complete the required pre-registration, go to:

**CaregiverStress.com/
ProfessionalEducation**



The Home Instead Senior Care Network

More than 65,000 Home Instead CAREGiversSM worldwide are trained to provide services to seniors and their families. These services include support for seniors living with Alzheimer's disease and providing assistance with Activities of Daily Living (ADLs), personal care, medication reminders, meal preparation, light housekeeping, errands, incidental transportation and shopping. At Home Instead Senior Care, it's relationship before task while continuing to provide superior quality service that enhances the lives of seniors everywhere.