



FOR IMMEDIATE RELEASE

Contact: Alarys Home Health, Inc.
Cyd Yount-Administrator
Louise Ciarleglio- Director of Therapy
Tel. (480) 444-7800

ALARYS HOME HEALTH TO OBSERVE FALLS PREVENTION AWARENESS DAY: SEPTEMBER 23, 2010

Arizona joins 33 other states and the Falls Free™ Coalition in declaring a statewide **Falls Prevention Awareness Day** on the first day of fall, September 23, 2010. The Falls Free™ Coalition is also petitioning Congress to once again proclaim September 23 as **National Falls Prevention Awareness Day**.

Falls are the leading cause of fatal injuries for Americans 65 and older. More than 18,000 older Americans die every year because of a fall, and the rate has risen dramatically over the last 10 years.

“When older adults fall, it often leads to a loss of independence, reduced mobility, and earlier admission to a nursing home,” said Lynn Beattie, Vice President of Injury Prevention with the National Council on Aging, and national director of the Falls Free™ Coalition. “But the good news is, through appropriate risk management – falls are preventable.”

Studies show that a combination of interventions can significantly reduce falls in the older adult population. Experts recommend a physical activity regimen with balance, strength training, and flexibility components; consulting with a health professional about getting a fall risk assessment; having medications reviewed periodically, getting eyes checked annually; and making sure the home environment is safe and supportive.

At senior centers across the United States, programs like A Matter of Balance, Tai Chi, and Stepping On help older adults gain the strength, improved balance, and confidence to help them live healthier lives and preserve their independence.

Arizona is part of the Falls Free™ Coalition, which includes 34 states and 70 national organizations, professional associations and federal agencies across the country dedicated to reducing fall-related injury and death among older adults.

For additional information, call Cyd Yount or Louise Ciarleglio at 480-444-7800.