

Example Activities for Falls Prevention Awareness Day

State Level

- Hold a press conference with legislators or other champions to announce Falls Prevention Awareness Day
- Celebrate the day by having older adults converge on the state capitol
- Provide testimony to policymakers

Community Level

- Create a Falls Prevention display showing safety items
- [Host a Falls Prevention Discussion Group](#)
- Organize a walk (possibly with a neighborhood walking group)
 - Conduct a walkability audit
 - Make/carry signs
 - Write a slogan or chant to say while walking
 - Write down areas where sidewalks are cracked or other hazards exist and send the list to Public Works
- Offer a Tai Chi demonstration
- [Ask your physical activity leaders to incorporate falls prevention information into their sessions](#)
- Offer vision exams
- Offer Balance and Gait testing
- Offer blood pressure checks
- Have a podiatrist come and offer foot exams
- [Have a Physical Therapist come and talk about proper use of assistive devices](#)
- Ask a local pharmacist to offer medication reviews at your location
- Consider giving out:
 - Nightlights
 - Non-skid strips for bathtubs and showers
 - Double-sided tape for throw rugs
 - Textured tread tape for stairs
 - Garbage bags for clutter removal
- [Contact any media connections you have and let them know about Falls Prevention Awareness Week and what you're doing](#)

- [Organize falls prevention workshops](#)
- Set up tables or displays with falls prevention information:
 - where to exercise locally
 - benefits of physical activity
- Distribute CDC Falls Prevention brochures:
 - [What You Can Do To Prevent Falls](#)
 - [Home Falls Prevention Checklist](#)
- Distribute Washington State's [Stay Active and Independent for Life information guides](#)
- Have older adults complete their own falls risk assessment
 - Example from Washington State: My Falls Free Plan
 - [Checklist of fall risks](#) for older adults to complete
 - [Health care provider instructions for completion and use of checklist](#)
- Hold exercise demonstrations, and provide information and resources
- Distribute vision impairment information and resources
- Conduct eyewear cleaning

See http://www.stopfalls.org/FPweek/service_providers.shtml for additional ideas.