



MCFPC Quarterly Newsletter

☀️ Summer 2021 ☀️

The Milwaukee County Falls Prevention Coalition (MCFPC) addresses the adult community’s risk of falling by providing access to comprehensive programs and targeted interventions. The coalition creates links between community programs and services in order to enhance collaborative efforts.

Wisconsin has the highest rate of fatal falls among older adults.

3X

higher than the national average.

In Wisconsin

1,672

adults 65+ died from fall-related injuries in 2019.

In Milwaukee County

234

adults 65+ died from fall-related injuries in 2019.

GOOD NEWS:
FALLS ARE NOT A
NORMAL PART OF
AGING AND CAN BE
PREVENTED



Summer is Here – Have Fun Without Falls ☀️

Summer is a great time to be outside and active in Wisconsin. Consider safety precautions when outdoors, as nearly 50% of falls among older adults 65+ occur outside.

- Be aware of your surroundings, particularly changes in surface or elevation. Take level paths when able.
- Use good footwear! Slip-resistant sole, full back, and low heel are ideal.
- Wear sunglasses to maintain vision in sunny conditions. Ensure adequate lighting in the early morning and evenings.
- Make sure to have plenty of water on-hand and take breaks to manage fatigue.



Exercise and physical activity are important to a healthy lifestyle. The Center for Disease Control (CDC) recommends 150 minutes/week of moderate intensity exercise, or 75 minutes/week of vigorous intensity exercise, to maintain a healthy lifestyle.

Exercise can help keep you independent and reduce falls risk by:

- Improving balance
- Improving strength
- Improving activity tolerance

Practical Tips

- Some activity is better than none – make it your mission to move more!
- Decrease the amount of time spent sitting.
- When watching TV, get up to walk during commercial breaks.
- Stand when doing household chores like laundry or dishes.



DID YOU KNOW...

Impaired vision can **DOUBLE** your risk of falls?

Talk with your eye care professional about regular vision and prescription checks

SAVE THE DATE

Fall Prevention Week
September 20-24th

Stay Tuned for More Details

Learn more about fall prevention from these websites:

- ❖ **Centers for Disease Control**
cdc.gov/steady
- ❖ **National Council on Aging-**
ncoa.org/older-adults/health/prevention/falls-prevention