



## **COMMUNITY FALLS PREVENTION TOOLKIT**

Welcome to the First Edition of the Milwaukee County Falls Prevention Coalition Community Toolkit. The resources provided in this toolkit were compiled from national experts to help you and your family members address your risk of falls.

Falls are NOT a normal part of aging. Falls can lead to loss of function, independence, and accelerate death. While you may be at an increased risk for falls, many risk factors can be addressed, and falls can be prevented. The Centers for Disease Control (CDC) and the American Geriatrics Society (AGS) recommend that adults over the age of 65 receive a fall risk screening at least annually.

### **Check Your Risk**

**Stay Independent Brochure (CDC STEADI)**

**Check for Safety Brochure (CDC STEADI)**

### **Ways to Prevent Falls**

**Tips to Maintain Independence (APTA Geriatrics)**

**What You Can Do to Prevent Falls Brochure (CDC STEADI)**

### **Medications and Fall Risk**

**My Medication Record (NCOA)**

### **Mobility and Balance**

**My Mobility Plan (CDC)**

**Staying Active to Prevent Falls (MCFPC)**

For more resources check out our website: [www.mcfpc.net](http://www.mcfpc.net)