



## **Learning to Prevent Unintentional Falls Could Help Almost Two Million Seniors Each Year Avoid Hospital Visits**

**Las Vegas, Nevada** – Unintentional falls are a threat to the lives, independence and health of adults ages 65 and older. Every 18 seconds a senior adult is treated in an emergency room for a fall, and every 35 minutes someone dies as a result of their injuries.

### Fall Facts:

- More than one third of adults age 65 and older fall each year in the United States (Hornbrook et al. 1994; Hausdorff et al. 2001).
- Among older adults, falls are the leading cause of injury deaths. They are also the most common cause of nonfatal injuries and hospital admissions for trauma (CDC 2006).
- In 2005, 15,800 people age 65 and older died from injuries related to unintentional falls. About 1.8 million people age 65 and older were treated in emergency departments for nonfatal injuries from falls and more than 433,000 of those patients were hospitalized (CDC 2008).
- The rate of fall-related deaths among older adults has risen significantly over the past decade (Stevens 2006).

Despite these statistics, there are proven strategies that can reduce falls. Jeanne Cosgrove, RN, Injury Prevention Coordinator, Sunrise Trauma Services, will be presenting a synopsis of the *Stepping On* program and basic fall prevention. The *Stepping On* program is a community-based fall prevention program focusing on adults age 65 and older. Many people in this age group have had a fall that has shaken their confidence and may have resulted in injury. The prevention of falls is vital to maintaining personal independence for seniors. This program offers seniors a way of reducing falls and at the same time increasing self-confidence in situations where they are at risk for a fall. This program covers a range of issues including falls and risks, strength and balance exercises, home hazards, safe footwear, vision and falls, safety in public places, community mobility, coping after a fall and understanding how to initiate a medication review.

The full seven week *Stepping On* program is being offered at the h2u office at Sunrise Hospital & Medical Center:

**h2u office at Sunrise Hospital & Medical Center**

3061 S. Maryland Parkway, Suite 102

Las Vegas, NV 89109

Class 1: July 30<sup>th</sup> from 10:00 am - 11:00 am. Classes 2 through 7 will meet at the same time and place each week for seven consecutive weeks. To reserve your spot, call 702-233-5300.

A one-time, brief overview of the *Stepping On* program will also be available at the following locations:

**h2u office at MountainView Hospital**

8524 Del Webb Blvd

Las Vegas, NV 89134

Thursday, July 16<sup>th</sup> from 1:30 pm – 2:30 pm, **one time only**

To reserve your spot, call 702-255-5404

**Southern Hills Hospital**

9300 W Sunset Road (Education Classroom)

Las Vegas, NV 89148

Tuesday, July 21 from 11:00 am – 12:00 pm, **one time only**

To reserve your spot, call 702-233-5300

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**Contact:**

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