

June is National Safety Month

During National Safety Month, the National Safety Council highlights several ways to prevent injury. Among them: reducing slips, trips, and falls, which are among the leading causes of injury and death among U.S. adults aged 65, according to the CDC.

How can my congregation or community organization promote fall prevention?

- [Make your building safe](#) by repairing sidewalks and parking lots, inspecting handrails and steps, using rugs with non-skid backings, and creating a snow-removal plan.
- Start a fall-prevention program, such as [Stepping on](#), which teaches participants how to build and maintain their physical strength and balance.
- Include tips on how you can [fall-proof your home](#), in bulletins, newsletters, and on social media sites.
- Share the National Council on Aging's [Falls Free Checkup](#), a list of 12 questions to check your risk for falling.
- Help members create a [falls-prevention team](#): individuals who can help spot and address fall risks. The team can include family members, primary care physicians, therapists, and members of your faith community.

Faith communities play an important role in fall prevention, according to the National Council on Aging: "Faith leaders are trusted sources of important information and can connect you to community resources to address your needs, especially when it comes to your health. You can also count on your faith community for social support, whether it is joining you in a new activity, preparing for a medical visit, or going along with you to a falls screening or other falls prevention event."

Sources:

- [Falls Prevention Is a Team Effort \(ncoa.org\)](#)
- [Preventing Falls: How to Develop Community-based Fall Prevention Programs for Older Adults \(cdc.gov\)](#)
- [Falls Prevention Awareness Week Promotion Toolkit \(ncoa.org\)](#)



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