

TOWN OF KILLINGWORTH HEALTH DEPARTMENT

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Press Release

Fall Prevention Program Available to Residents

February 9, 2016

The Killingworth Health Department is pleased to announce the availability of a fall prevention program called "Fall Free Living". This program is being offered in partnership with VNA Community Healthcare and is funded through a grant from the CT Collaboration for Fall Prevention at Yale University School of Medicine through the CT Department on Aging.

This highly effective, low cost program is designed to teach people how to prevent falls and injuries. The CT Collaboration for Fall Prevention has reported that falls and injuries:

- Are more common than strokes and can be just as serious in their consequences
- Are the most preventable cause of needing nursing home placement
- Lead to problems with daily activities like dressing, bathing, and walking around

Among adults 70 years and older:

- 3 in 10 fall each year
- 2 in 10 who need home health care after being in the hospital will fall during the first month after coming home
- 1 in 10 suffer a serious fall injury such as a broken bone or head injury
- 5 in 10 have problems getting up without help after they have fallen
- Falls cause over 90% of broken hips; only half of those who break their hip will get around like they did before their broken hip
- In the United States, 16 percent of all Emergency Department visits and almost 7 percent of all hospitalizations are for fall-related injuries

The good news is that falls are preventable. Many of the health problems that increase the chance of falling are known and are treatable. Common, treatable health problems and hazards include problems with walking or moving around, medications, foot problems or unsafe footwear, blood pressure dropping too much on getting up, problems seeing, and tripping hazards at home. The more problems the greater your chance of falling.

This 12 week program will run on Tuesdays from 2:30 – 3:30 p.m. starting on March 15, 2016 and ends on June 21, 2016. The program will be held at St. Lawrence Church, 7 Hemlock Rd., Killingworth. The cost to participate is \$15.

Please contact VNA Community Healthcare at 1-866-474-5230 (toll free) to sign up for the program.

For more information please contact the Killingworth Health Department at (860) 663-1765 x223.

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