



LEARN TO BE FALLS-FREE!

FALLS PREVENTION COALITION OF IDAHO (FPC-ID)

BOISE FALLS RISK SCREENING

- Falls are a leading cause of injury across all age groups
- Falls are the #1 cause of accidental injury and death in adults over age 60
- The average cost of a fall with injuries in Idaho is more than \$38,000

The good news is that *falls are preventable...if we just know how!*

Step 1: Identify if you are at risk of falling and if so, why

Step 2: Take simple actions to reduce your risk

Prevention is the key!

Identify your falls risk and learn strategies to reduce your risk by participating in our free falls risk screening event. You will identify your risk through a quick, easy balance assessment. You will also be able to recognize other risk factors including hearing and visual impairment, medications, and nutrition. You can learn about physical activity programs in your area and how to remove trip hazards in your home. These all contribute to your ability to prevent falls.

**Falls Risk Screening and Information Fair hosted by St. Luke's
Saturday, October 21st
10:00 AM – 2:00 PM MDT**

- St. Luke's Plaza
720 E Park Blvd, Boise, ID 83712
Enter through the south side, central plaza main doors by the fountain
- Wear comfortable shoes
- Bring your current list of medications

*Free parking. Handicapped accessible. No registration. No charge.
For additional information visit: www.aging.idaho.gov/falls*