

DOES THE FEAR OF FALLING EVER KEEP YOU AT HOME?

THE STRAC Fall Awareness Lengthens Lives (*FALL*) Program is designed to provide you with ways that you can help prevent falls. This program is now available in Austin with the help of the Texas Emergency Nurse's Association Injury Prevention Committee. **We will also have a train the trainer program so you can bring these concepts and teaching points back to your own facilities. What a great injury prevention project for all our local hospitals. You will leave the event with all teaching materials to replicate the program. ALL FREE OF CHARGE!**

PROGRAM OBJECTIVES:

1. Identify slip, trip, and fall hazards
2. Discuss ways to avoid injuries & the importance movement
3. Review medications that may cause falls
4. Discuss why eye exams are needed

TARGET AUDIENCE:

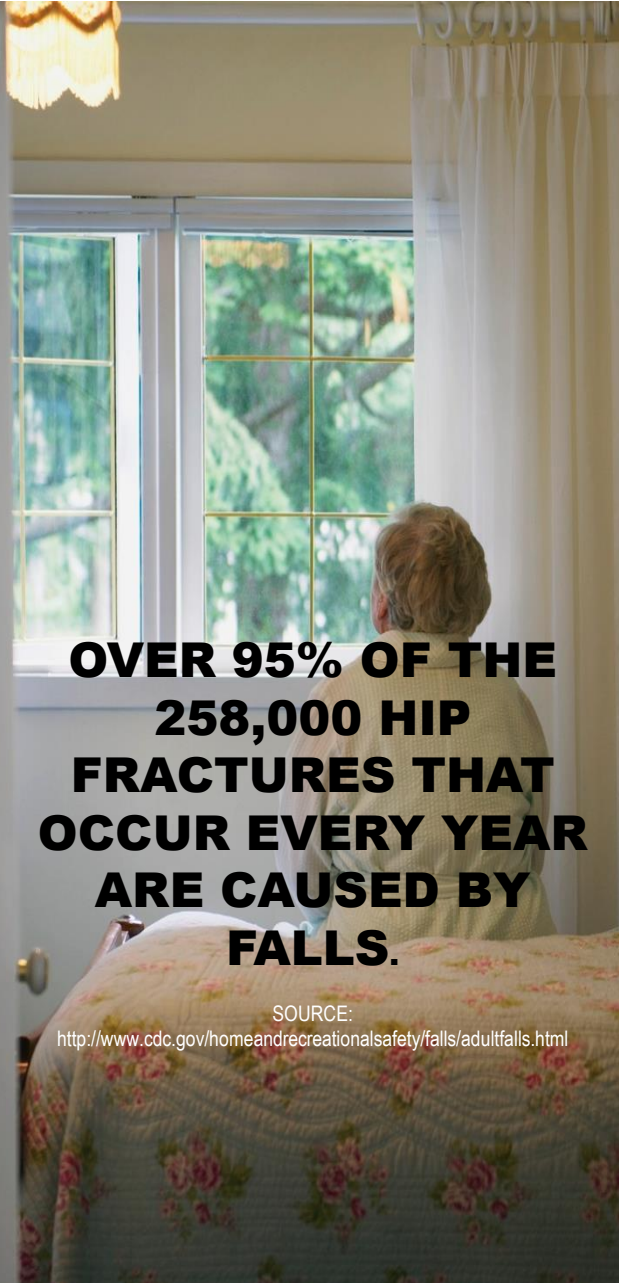
1. Anyone concerned about falling
2. Anyone interested improving balance
3. Anyone who has fallen in the past
4. Anyone limiting activities due to a fear of falling

February 7, 2019 4:00PM – 6:00PM

Dell Children's Medical Center, Signe Auditorium

4900 Mueller Blvd, Austin, Texas 78723

RSVP on the Texas ENA website via the posted link to ensure we have enough teaching materials. <https://www.surveymonkey.com/r/YNKV9V6>



**OVER 95% OF THE
258,000 HIP
FRACTURES THAT
OCCUR EVERY YEAR
ARE CAUSED BY
FALLS.**

SOURCE:

<http://www.cdc.gov/homeandrecreationalafety/falls/adultfalls.html>