

SUFFOLK COUNTY LEGISLATOR KARA HAHN



FIFTH LEGISLATIVE DISTRICT

PRESS RELEASE

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For Immediate Release

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631-854-1650

FALL PREVENTION STARTS WITH YOU

Legislator Hahn sponsors workshop on fall prevention techniques for seniors



***Photo Left to Right:** Dr. Jane E. Corrarino, Suffolk County Legislator Kara Hahn, Suffolk County Health Department Falls Prevention Coordinator Nelida Zoeller and Suffolk County Public Health Nurse Mindy Giambalvo*

STONY BROOK, NY – Each year, more than one-third of adults over the age of 65 experience a fall severe enough to require medical attention in the United States, resulting in over \$19.2 billion in costs annually for these victims' treatment and care. In an effort to help seniors prevent

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debilitating falls, Legislator Hahn sponsored a training seminar this morning that was aimed at teaching participants techniques that will improve their ability to stay independent for life.

The two hour workshop began at 10:00AM at the Long Island State Veterans Home located on Stony Brook University's eastern campus. Suffolk County Department of Health experts worked with area seniors in highlighting various activities and approaches that will reduce the likelihood of experiencing a catastrophic fall.

“For seniors a fall can be a life threatening event,” Legislator Hahn said. “With one out of three seniors experiencing serious falls each year, it is vital to teach those most at risks ways to help safeguard it from happening to them.”

Some of the suggestions provided to participants include:

- Asking for help with household chores;
- Using nightlights in bedrooms and bathrooms;
- Keeping pets out of your path and out from under your feet;
- Using proper footwear;
- Installing railings in tubs and showers;
- Removing electrical cords or telephone wires away from areas that may cause you to trip;
- Removing clutter from floors;
- Climbing a ladder or step stool only if someone is with you;
- Learn exercises to improve balance and peripheral vision; and most importantly
- Saying active.

If you would like to participate in a future fall prevention workshop, please call Legislator Kara Hahn's office at (631) 854-1650. You will then be notified when a future seminar is scheduled.

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