

# National Falls Prevention Awareness Week

September 21-25, 2020

*Every year, one in three older New Yorkers experience a fall. Thankfully, many falls are preventable. Join the NYC Falls Prevention Coalition to learn more and attend a virtual Falls Prevention Awareness Week event!*



## **Register in advance for Falls Prevention Awareness Week Events**

### **September 22:**

[Falls Prevention Symposium, presented by NYP Weill Cornell Medical Center in partnership with the Carter Burden Network](#) (for professionals). 8:45AM-12:30PM.

### **September 23:**

DOHMH Preventing Falls at Home Webinars (for seniors and professionals)

10:00AM-10:45AM ([English](#))

11:00AM-12:00PM ([Español](#))

2:00PM-3:00PM ([Русский](#))

[Healthy Aging for Older Adults Webinar, presented by Brooklyn Public Library](#) (for seniors). 1:00PM and 3:00PM.

### **September 24:**

[Falls Prevention Lecture with Dr. Lawrence Melniker, presented by NYP-Brooklyn Methodist Hospital and Good Neighbors of Park Slope](#) (for seniors). 11:00AM-12:00PM.

[Medicine Safety and Falls Prevention Webinar, presented by DOHMH](#) (for all audiences). 1:00PM-2:00PM.

## **Tune in to these Falls Prevention Awareness Week Events – no registration required**

### **September 21:**

[Tai Chi for Arthritis \(TCA\) Online Class, presented by the NYC Department for the Aging](#) (for seniors, Facebook)

### **September 23:**

COVID-19 Home Safety for Seniors, presented by NYC Health+Hospitals/ Bellevue Healthy Seniors Program (for seniors). 11:00AM-12:00PM.

Audio Conference Call: Dial 1-646-754-2524, meeting # 734 278 516.

[You Have The Power To Prevent Falls, presented by Senior Planet and the National Council on Aging](#) (for seniors). 3:00-4:00PM.

[Falls Prevention and COVID Facebook Live, presented by the National Council on Aging](#) (for all audiences). 6:30PM (English).

### **September 24:**

[Falls Prevention and COVID Facebook Live, presented by the National Council on Aging](#) (for all audiences, Facebook). 6:30PM (Spanish).

### **September 25:**

[Tips to Prevent Falls, presented by MetroPlus Chief Medical Officer Dr. Sanjiv Shah](#) (for all audiences, Facebook)



# Falls Prevention Resources for Older New Yorkers

## [How to Prevent Falls: A Home Safety Checklist \(PDF\)](#)

Other Languages: [\[中文\]](#) [\[Italiano\]](#) [\[한국어\]](#) [\[Русский\]](#) [\[Español\]](#)

## [Preventing Falls in Older Adults](#)

## [Guidance for Older New Yorkers Who Live at Home \(PDF, July 28\)](#)

Other Languages: [\[Español\]](#) [\[繁體中文\]](#) [\[简体中文\]](#) [\[Русский\]](#) [\[বাংলা\]](#)  
[\[한국어\]](#) [\[Kreyòl ayisyen\]](#) [\[العربية\]](#) [\[יידיש\]](#) [\[Italiano\]](#) [\[Polski\]](#) [\[Français\]](#) [\[فارسی\]](#) [\[اردو\]](#)  
[\[ελληνικά\]](#) [\[ਪੰਜਾਬੀ\]](#) [\[پنجابی\]](#) [\[Tagalog\]](#) [\[हिन्दी\]](#) [\[日本語\]](#) [\[עברית\]](#) [\[नेपाली\]](#)  
[\[Português\]](#) [\[ไทย\]](#) [\[မြန်မာ\]](#) [\[Tiếng Việt\]](#)

## [Health of Older Adults in NYC \(PDF\)](#)

## [Health Bulletin #109: Healthy Aging](#)

## [Call Your Poison Control Center: You Might Save a Life \(PDF\)](#)

Other Languages: [\[中文\]](#) [\[Kreyòl ayisyen\]](#) [\[Русский\]](#) [\[Español\]](#)

## [Medicine List Card \(PDF\)](#)

Other Languages: [\[中文\]](#) [\[Español\]](#)

## [You Can Take Medicine Safely \(PDF\)](#)

Other Languages: [\[中文\]](#) [\[Español\]](#)

## [Medicine Communication Log \(PDF\)](#)

Other Languages: [\[Español\]](#) [\[中文\]](#) [\[Русский\]](#) [\[Kreyòl ayisyen\]](#) [\[한국어\]](#)

## [Six Steps to Prevent a Fall \(National Council on Aging\)](#)

## [Check Your Personal Risk for Falling Tool \(National Council on Aging\)](#)