



NEWS RELEASE – Area Agency on Aging District 7, Inc.

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Community Invited to Walk One Mile for Falls Prevention Awareness

Please mark your calendars for Wednesday, September 20th, as the Area Agency on Aging District 7 (AAA7) joins STEADY U Ohio, the state’s older adult falls prevention initiative, for the second annual “10 Million Steps to Prevent Falls” event to observe National Falls Prevention Awareness Month in September.

The Area Agency on Aging District 7 is hosting a one-mile falls prevention awareness walk at 1:00 pm on Wednesday, September 20th at the track located at the University of Rio Grande. Everyone is invited and encouraged to participate. The number of participants and miles walked will be reported to the STEADY U Ohio Initiative and counted toward the state’s goal of 10 million steps statewide. Walking is one of the most essential exercises we can do to maintain strength, endurance and flexibility as we age, so a group fitness walk is a great way to promote falls prevention. If there is inclement weather, the walk will be moved indoors to the University’s Lyne Center.

Last year across the state, the event saw 59 different organizations sponsoring 55 community events. Statewide, more than 3,500 Ohioans walked approximately 6,800 miles. At an average of 2,500 steps per mile, that’s more than 17 million steps taken in the name of falls prevention.

Falls among older Ohioans have reached epidemic proportions; one in three older adults will fall this year, and falls are the leading cause of emergency room visits, hospitalizations and deaths among our elders. A single fall can change the life not only of the person who falls, but also his or her family members who may have to become a caregiver for their loved one. The good news is that falls are not a normal part of aging, and most falls can be prevented.

STEADY U Ohio is a comprehensive falls prevention initiative led by Governor John Kasich and the Ohio Department of Aging, and supported by Ohio government and state business partners. Visit www.steadyu.ohio.gov for falls prevention resources and tips tailored to individuals, families, health care providers, business and community leaders and all Ohioans.

For more information about the local event or to RSVP, please call the Area Agency on Aging District 7 toll-free at 1-800-582-7277 and ask for Carla Cox at extension 22284 or Jennifer Atkinson at extension 22247.

Your local Area Agency on Aging District 7, Inc. provides services on a non-discriminatory basis in ten counties in Southern Ohio including Adams, Brown, Gallia, Highland, Jackson, Lawrence, Pike, Ross, Scioto and Vinton. These services are available to help older adults and those with disabilities live safely and independently in their own homes through services paid for by Medicare, Medicaid, other federal and state resources, as well as private pay. The AAA7's Resource Center is also available to anyone in the community looking for information or assistance with long-term care options. Available Monday through Friday from 8:00 am until 4:30 pm, the Resource Center is a valuable contact for learning more about options and what programs and services are available for assistance.

Those interested in learning more can call toll-free at 1-800-582-7277 (TTY: 711). Here, individuals can speak directly with a trained staff member who will assist them with information surrounding the programs and services that are available to best serve their needs. The Agency also offers an in-home assessment at no cost for those who are interested in learning more. Information is also available on www.aaa7.org, or the Agency can be contacted through e-mail at info@aaa7.org. The Agency also has a Facebook page located at www.facebook.com/AreaAgencyOnAgingDistrict7.

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