



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

Release Date: Tuesday, March 8, 2022

Contact: Jenni Lewis, Community Outreach

F-32 URG PO Box 500

Rio Grande, OH 45674

Phone: 1.800.582.7277, ext. 22224

E-Mail: [jlewis@aaa7.org](mailto:jlewis@aaa7.org)

---

## **AAA7 and Shawnee State University** **OT Program to Present “Fall-Free Fridays”**

The Area Agency on Aging District 7 (AAA7) and the Shawnee State University Occupational Therapy (OT) Program are once again joining together to provide falls prevention education to the community through a Facebook livestream series, “Fall-Free Fridays.”

According to the National Council on Aging, falls remain a leading cause of injury for people age 65 and older. Falls threaten older adults’ safety and independence and generate enormous economic and personal costs. The good news is that they are preventable and there are proven steps people can take to reduce their risk.

Historically, the two organizations have worked together to provide falls prevention education to the community through the AAA7’s “Matter of Balance” falls prevention program. During the pandemic, a virtual version of the education was created through the Fall-Free Fridays platform to give students the opportunity to meet their class requirement to provide community education.

Starting on Friday, March 11<sup>th</sup> at 10:00 am, the AAA7 will feature “Fall-Free Fridays” on the Agency’s Facebook page. The Shawnee State OT students will prepare the presentation and provide education on a falls-related topic and information about falls, risk factors, and helpful prevention tips. The AAA7 plans to share this information on their website at [www.aaa7.org](http://www.aaa7.org) and also offer a “Fall-Free Friday Fact” weekly on the AAA7 Facebook page and website.

Fall-Free Fridays will be featured for seven weeks starting March 11<sup>th</sup> and ending April 22<sup>nd</sup>. Each livestream will start at 10:00 am and a playback will be available on the AAA7 Facebook page for those who are unable to watch live. If you have questions about how to access the virtual education or recording, or for more information about falls prevention, contact the AAA7 at 1-800-582-7277 or e-mail [info@aaa7.org](mailto:info@aaa7.org).

Your local Area Agency on Aging District 7, Inc. provides services on a non-discriminatory basis. 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 specially-trained Resource Specialist 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](http://www.aaa7.org), or the Agency can be contacted through e-mail at [info@aaa7.org](mailto:info@aaa7.org). The Agency also has a Facebook page located at [www.facebook.com/AreaAgencyOnAgingDistrict7](https://www.facebook.com/AreaAgencyOnAgingDistrict7).

###