

Fall-Free Fridays Offers Falls Prevention Education

Now Through December 11th on Facebook

by **Nina R. Keller**

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Have you watched one of our “Fall-Free Fridays” episodes yet? Not sure what that means!? Fall-Free Fridays is a partnership between the Area Agency on Aging District 7 (AAA7) and the Shawnee State University (SSU) Occupational Therapy Program. Each Friday at 10:00 am, a special educational broadcast is featured on the AAA7 Facebook page about a different falls-related topic presented by two SSU Occupational Therapy graduate students.



The concept was developed to help students with a way to earn their classroom requirement of community education. Before the pandemic, this would take place in person through our Matter of Balance falls management program. Keeping social distancing and health protocols in mind, this virtual format was created to replace the in-person education this year. A designated page on our website features items from each week including a recording of the broadcast, student-developed handouts to complement the topic, a Fall-Free Fact, and summary article.

We have often heard that “Necessity is the Mother of Invention” and this pandemic has provided ample opportunity to find new ways to continue to provide services and information to older adults, persons with disabilities, and those who care for them. We are extremely grateful that the Occupational Therapy Program at Shawnee State University has joined us in developing and carrying out innovative ways to reach individuals in the community with critical guidance on falls and their prevention. Innovation is key and we value our ongoing partnership with SSU.

In addition, Falls Prevention Coaching is also being offered by SSU occupational therapy students. This consists of free coaching over the phone or through a virtual format to learn more about your fall risks and helpful prevention tips. To learn more or to schedule an appointment, please call Hannah at the AAA7 at 1-800-582-7277, extension 247.

According to the National Council on Aging, falls remain a leading cause of injury for people aged 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.

Fall-Free Fridays is taking place on Fridays at 10:00 am now through December 11th. 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.

**Tune in each Friday at 10:00 am now
through December 11th!**

QUICK QUIZ

Follow the four steps of the Food Safe Families campaign to keep food safe: clean — wash hands and surfaces often; separate — don't cross-contaminate; cook — cook to the right temperature; and chill — refrigerate promptly. Answer True or False to the questions below.

- 1) People often think their illness was caused by their last meal, but the time between eating bad food and the onset of illness can vary widely. T F*
- 2) Air drying dishes is not more sanitary than using a dish towel. T F*
- 3) Doggie bags from restaurants should be refrigerated within two hours; within one hour if air temperature is 90° F or above. T F*
- 4) Don't keep refrigerated leftovers more than 3–4 days. Even if the food looks and smells fine, it may not be safe. T F*
- 5) Unpasteurized milk and cider is safe for anyone. T F*
- 6) It's easy to confuse foodborne illness with other types of illness. T F*
- 7) There is no need to wash your hands after touching pets, pet food, or pet treats. T F*
- 8) There is much less chance of being infected by a solid piece of meat because bacteria collects only on the outside. T F*
- 9) A person in the early stage of Alzheimer's can continue to do many of the things they have always done but the ability to make decisions is often lost. T F*
- 10) Keep raw and ready-to-eat foods separate. T F*

KEY: 1. T 2. F 3. T 4. T 5. F 6. T 7. F 8. T 9. T 10. T