

You are invited

FREE webinar!!

HPGS AUGUST Webinar

Senior Fall Prevention with Stan Michaels

Thursday, August 31

11:30am - 12:45pm

To join the Hawaii Pacific Gerontological Society's webinar log on to:

<https://zoom.us/webinar/register/142c4ae2e5b177a2c5b9141539e44ee6>

- Falls are the leading cause of fatal injuries for Hawaii Seniors (84 per year).
- Falls are the leading cause for senior Traumatic Brain Injuries
- Falls are reported every hour, 24 hours a day, by ER having Seniors transported by ambulance.
- Falls result in 1970 Hospitalizations per year.
- Falls number and rate of hospitalizations increase with age. (85+ year olds are 10 times more likely to fall than 65-69 year olds).
- Fall injury can devastate the entire family.
- Falls can be prevented by simple planning and changes made to accommodate the needs of the Senior in the home.
- Falls can be less devastating if the Senior takes charge of their own well being by hydrating properly, eating nutritionally, making safe decisions when climbing, constantly be aware of water or objects on the floor and ALWAYS let your doctor know if you feel dizzy or if you have fallen.

Stan Michaels, is with the Injury Prevention and Control Branch of the Hawaii Department of Health in Honolulu.



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