



United we stand, divided we fall

Whether you are an older adult yourself, a family member of an older adult, a health care provider, a business owner or a community leader, you have a role in making Ohio a falls-free state.



Visit our website for the following features:

- Falls risk self-assessment;
- Falls prevention ideas and resources;
- Tip of the day;
- Social media tools;
- The latest news and research;
- Much more!

A Matter of Balance

A Matter of Balance is a program of small-group workshops offered in your community to help participants view falls as controllable. A Matter of Balance can help you if:

- You are age 60 or older;
- You have fallen in the past;
- You don't do some things you enjoy because you fear falling; or
- You would like to be more flexible, stronger and have better balance.



A Matter of Balance is available in all 88 Ohio counties. To learn more and find a workshop in your community, visit our website.

Preventing Falls... One Step at a Time



STEADY U Ohio is an intensive, statewide, community-driven falls prevention initiative supported by state agencies and local partners.

Do you know?

- *One in three Ohioans age 65 and older living in the community fall each year.*
- *An older Ohioan falls every minute, on average, resulting in:*
 - *An injury every five minutes;*
 - *An emergency room visit every six minutes;*
 - *One hospitalization each hour; and*
 - *Three deaths each day.*
- *Fatal falls among older Ohioans increased more than 202 percent from 2000-2015*
- *The total estimated cost of falls (medical costs, work loss) is \$1.9 billion annually in Ohio.*
- ***Falls are not a normal part of aging, and most falls can be prevented!***

www.steadyu.ohio.gov