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**FOR IMMEDIATE RELEASE**

## **Older Adults Have the Power to Prevent a Fall**

*The New York Physical Therapy Association celebrates National Falls Prevention Awareness Day by supporting a ready, steady, and balanced lifestyle*

**Albany, NY** (Sept. 8<sup>th</sup>, 2016) – The New York Physical Therapy Association, along with the National Council on Aging (NCOA) and its Falls Free<sup>®</sup> Coalition, is observing the 9<sup>th</sup> annual Falls Prevention Awareness Celebration during the month of September by helping support ready, steady, and balanced lifestyles.

“Older adults want to stay active, independent, and safe in their homes, but many worry about their risk of falling,” said Kelly Garceau, Executive Director of the NYPTA. “In fact, one in three Americans over the age of 65 falls every year. However, falling is not a normal part of aging. Every older adult has the power to prevent a fall.”

Across the country, partners are hosting classes and seminars, performing thousands of falls risk screenings, and educating older adults about this year’s theme: *Ready, Steady, Balance: Prevent Falls in 2016*. The theme highlights three goals that all older adults have the power to achieve:]

1. **Be ready:** Education is the most important step to being ready to prevent a fall. Online and at thousands of community organizations, there are resources to help older adults understand their risk of falling. They also can enroll in evidence-based falls prevention programs to learn how to address their fear of falling and what they can do to sustain their strength.
2. **Be steady:** Older adults can be steady if they take simple steps to prevent falls. These include talking with a doctor about medications, getting hearing and vision checkups, and assessing living spaces for hazards. NCOA offers an award-winning video that provides [6 Steps to Prevent a Fall](#).
3. **Be balanced:** “Falls prevention is a team effort that takes a balance of education, preparation, and community support,” said Kathleen Cameron, Senior Director of NCOA’s National Falls Prevention Resource Center. “Falls Prevention Awareness Day is an opportunity to take a look at the world around us, be aware of falls hazards, and

think about how we can make changes that will help our parents, grandparents, aging neighbors, and even ourselves safe from falls.”

For the first time this year, NCOA and its Falls Free® Coalition are encouraging supporters to wear a yellow ribbon to increase awareness of falls prevention. To find a state coalition, go to [ncoa.org/Map](http://ncoa.org/Map) and search for Falls Prevention Coalitions.

To find more falls prevention resources, go to <http://www.nypta.org/general/custom.asp?page=FallsPrevention16>

### **About the NYPTA**

The NYPTA ([www.nypta.org](http://www.nypta.org)) has the proud heritage as the genesis of the American Physical Therapy Association (APTA) in New York City in 1921. The NYPTA is currently the second largest chapter of the APTA, with over 6,000 members who are physical therapists, physical therapist assistants and students. The mission of the NYPTA is to empower and support its members in advancing the practice and profession of physical therapy through advocacy, education and research.

### **About NCOA**

*The National Council on Aging (NCOA) is a respected national leader and trusted partner to help people aged 60+ meet the challenges of aging. Our mission is to improve the lives of millions of older adults, especially those who are struggling. Through innovative community programs and services, online help, and advocacy, NCOA is partnering with nonprofit organizations, government, and business to improve the health and economic security of 10 million older adults by 2020. Learn more at [ncoa.org](http://ncoa.org) and @NCOAging.*