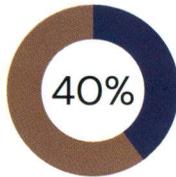


FALLING IS A BIG DEAL IN THE U.S., AND OUR TCHD STAFF CAN HELP!



More than 1 in 4 adults 65+ experience a fall every year.

Of the 14 million annual falls in older adults, nearly 40% required medical treatment and restricted activity for multiple days.



\$101,000,000,000

By 2030, older adult falls are projected to cost over \$101 billion annually.



Falls are the leading cause of fatal and nonfatal injuries in older Americans.

OHIO has a higher rate of older adult falls than the national average.

THE IMPACT ON TUSCARAWAS COUNTY

Deaths directly related to a fall or fall injury since 2018.

*Accurate as of 02/2025



Public Health
Prevent. Promote. Protect.

Tuscarawas County
Health Department

THANK YOU FOR YOUR SUPPORT!

The Older Adult Fall Prevention programs at the Tuscarawas County Health Department are dedicated to reducing unintentional falls and fall-related fatalities among older adults. These programs are funded by a grant from the Ohio Department of Health utilizing federal funds from the United States Department of Health and Human Services (HHS) Preventive Health and Health Services Block Grant (93.991).



CONTACT US FOR HELP

Abigale Rogers, MPH, ECHM
Fall Prevention Coordinator
arogers@tchdnow.org or
healthed@tchdnow.org
www.tchdnow.org
330-343-5555, ext. 1110

FALL PREVENTION SERVICES



The Tuscarawas County Health Department offers

No-Cost Community Programs for Older Adults



Public Health
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Tuscarawas County
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www.tchdnow.org

FREE COMMUNITY WORKSHOPS

A Matter of Balance

A fun program that helps older adults gain confidence and prevent falls. Classes include discussions, simple stretches, and exercises to improve strength and balance. Classes meet once a week for 8 weeks.



Bingocize

Incorporates stretching and strengthening exercises into fun Bingo games, and fall prevention prizes for Bingo winners! Classes meet twice weekly for 10 weeks.



Tai Chi for Arthritis

Tai Chi for Arthritis is a gentle exercise program that can help with joint pain, stiffness, and balance. Classes meet once a week for 16 weeks or twice a week for 8 weeks.



Walk With Ease

A group walking program that increases flexibility, reduces arthritis symptoms, and strengthens lower limbs. Classes meet three times a week for 6 weeks.



HOME ACS SSM T3

We offer free in-person home assessments to residents 65 and over in Tuscarawas County. A certified staff member will ask questions and offer suggestions to reduce your risk of falling in your home. Staff can also assist you with locating programs that help to update or modify homes.

WAYS TO MAKE YOUR HOME SAFER

- Fasten loose rugs or carpets
- Keep blankets off the floor
- Clear pathways
- Place a lamp or light switch near beds
- Use automatic night lights
- Install grab bars in the restroom
- Install a raised toilet seat
- Place non-slip tape on slick surfaces
- Secure cords and reduce clutter
- Move furniture to reduce obstacles
- Use a grabber for hard to reach items

FALL RISK ASSESSMENTS

Contact us to complete a personalized fall risk assessment, and receive a report via mail or by email that you can share with your doctor(s) or loved ones. We can be reached at (330) 343-5555, ext.1110 or through healthed@tchdnow.org

WANT TO GET INVOLVED?

The Tuscarawas County Injury Prevention Coalition (TCIPC) allows our staff to connect with community partners and residents in a common setting to promote injury prevention efforts.

Join us on the fourth Tuesday of January, April, July and October from 10:30-11:30 am, at the Tuscarawas County Health Department located at 897 E. Iron Ave, Dover, OH. Meetings are open to the public, and we encourage those impacted by older adult falls to join us.



MEET OUR TEAM

When you call to learn about our fall prevention services, you will be greeted by one of our knowledgeable health educators who can help you determine what program may be best for you or your loved one.

