

## Falls Prevention Week 2025 Social Media Content

### **\*Facebook Captions: 6 steps (6 days of the week)**

#### **Step 1 (Monday): Find a good balance and exercise program**

As we age, it's common to worry about falling. But there are evidence-based exercise programs that can help improve balance, strength, and flexibility!

The Iowa Community HUB connects you to Falls Prevention and Physical Activity programs across Iowa, designed to help you stay #FallsFree #StayHealthy.

#FallsPreventionAwarenessWeek #FPAW25

<https://iacommunityhub.org/programs/>

#### **Step 2 (Tuesday): Talk to your health care provider**

Did You Know: 1 in 4 older adults fall each year, but only half tell their doctor.

If you've fallen, you're not alone! Use these tips from the @National Council on Aging to get the most out of important #FallsPrevention conversations with your doctor.

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<https://bit.ly/FPAW-Talk-to-Your-Doctor>

#### **Step 3 (Wednesday): Regularly review your medications**

Taking more than one medication can increase the chance of side effects and medication interactions and raise your risk of #Falling. That's why it's important to talk to your doctor regularly!

Here are 5 things from @National Council on Aging to remember when reviewing your medications with your provider. <https://bit.ly/FPAW-Review-Medications-with-Your-Doctor>

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#### **Step 4 (Thursday): Get your vision and hearing checked**

Your vision and hearing play an important role in good balance, which is needed for everyday activities to prevent falls. Check out these tips from @National Council on Aging to keep your eyes and ears healthy to prevent falls.

<https://bit.ly/FPAW-Care-for-Your-Vision-Hearing>

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### **Step 5 (Friday): Keep your home safe**

Removing clutter and improving lighting are two easy ways to reduce your risk of #Falls in your home.

Find more ideas on how to combat household hazards and keep your home safe from the @National Council on Aging. <https://bit.ly/FPAW-Make-Your-Home-Safe>  
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### **Step 6 (Saturday): Talk to your family and friends**

If you've experienced a fall, you're not alone.

Use these tips from @National Council on Aging to start a conversation with your family and friends about how to protect yourself. <https://bit.ly/FPAW-Talk-to-Your-Family>

Caregivers, use this guide from Iowa Community HUB to start a conversation about Falls Prevention [https://iacommunityhub.org/wp-content/uploads/Falls-Prevention-Conversation-Guide-for-Caregivers\\_Final.pdf](https://iacommunityhub.org/wp-content/uploads/Falls-Prevention-Conversation-Guide-for-Caregivers_Final.pdf)

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