

September 10, 2018

September is officially Fall Prevention month – not the season but the tipsy toppling we over 60 have a tendency to do with increasing regularity. As you can see from the proclamation from Governor Inslee, falling has some pretty significant implications for life expectancy and quality of life after 65.

The State of Washington



Proclamation

WHEREAS, it is estimated that 13 percent of the population in Washington State are 65 years old or older; and

WHEREAS, falls are the leading cause of injury death and the most common cause of nonfatal injuries and hospital admissions for trauma among those 65 years old or older; and

WHEREAS, the rate of death from falls for older adults in Washington State has risen more than 25 percent since the year 2000; and

WHEREAS, one-in-three adults aged 65 and older falls each year, and of those who fall, 20 to 30 percent suffer moderate to severe injuries such as lacerations, hip fractures, and head traumas that make it hard for them to get around or live independently and that increase their risk of early death; and

WHEREAS, a large proportion of fall deaths are due to complications following a hip fracture, and one-in-five hip fracture patients dies within a year of their injury; and

WHEREAS, in Washington State, the highest rate of Traumatic Brain Injury (TBI)-related deaths and hospitalizations were among people 65 years old or older; and

WHEREAS, older adults can remain independent and reduce their chances of falling through regular exercise, reviewing their medications with a health care provider, having their eyes checked annually, and making their homes safer by installing safety devices; and

WHEREAS, raising awareness about falls prevention can lead to improved rates of screening for fall risk, increase the number of individuals participating in evidence-based falls prevention programs, and highlight the importance of home and community safety;

NOW, THEREFORE, I, Jay Inslee, Governor of the state of Washington, do hereby proclaim September 22, 2018, as

Fall Prevention Awareness Day

in Washington, and I encourage all people in our state to join me in this special observance.

Signed this 1st of August, 2018

Governor Jay Inslee



As the proclamation says, there are a number of ways to prevent falls:

1. Exercise (Come check out the new exercise room here at Stillwaters when it opens in the next couple of weeks),
2. Regularly review medications with doctor,
3. Having your eyes checked regularly, and
4. Making your home safer (search for and clear away tripping hazards, improve lighting in your home, and use night lights throughout your house).

Take steps to prevent a fall because you don't want to become a statistic in the "Fall Prevention" proclamations of the future.

QUOTE OF THE WEEK:

Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience, and the passion to reach for the stars to change the world. Harriet Tubman

I am taking a couple weeks to travel on the east coast. Mr. Blogger and I will soak up the scenery of New York, Massachusetts, Main, Nova Scotia, Prince Edward Island, the gulf of Saint Lawrence and then Quebec. We will remember to take a few photos and share on our return. Take care and "see" you in a couple weeks. - Cindy