

About Us

The Falls Prevention Program (FPP) of Holmes, Wayne & Ashland, operates under the guidance of the Holmes County General Health District, and is funded as a sub-grantee through the Ohio Dept. of Health and the CDC with a mission to work towards preventing falls among adults 60 and over.

Our vision is that adults 60 and over will have fewer falls and fall-related injuries, maximizing their independence, and quality of life.

We partner with local agencies and community members throughout the FPP region that have a commitment to the 60 and over population through participation in the Standing Against Falls (SAF) Coalition.

The Coalition works to increase public awareness on falls prevention through education, special events, home safety, physical activity, and promoting positive aging!



Contact Us for information on:

- Home Safety
- Evidence-based programs
- Speaker Presentation

Holmes County

Kerry MacQueen
Holmes Co. General Health District
kmacqueen@holmeshealth.org
330-674-5035 EXT. 251

Wayne County

Elesa Eaken
Wayne Co. Health Dept.
eeaken@wayne-health.org
330-264-9590

Ashland County

Jill Hartson
Ashland Co. Health Dept.
jhartson@health-ashlandcounty-oh.gov
419-282-4356

Being proactive leads to prevention and prevention leads to a change in attitude!

This work is funded either in whole or in part by a grant awarded by the Ohio Department of Health Bureau of Health Improvement and Wellness, Violence and Injury Prevention Section and as a sub-award of a grant issued by the Centers for Disease Control and Prevention, under the Preventative Health and Health Services Block Grant, grant award number 1N8101009477-01-00, and CIDA number 93391. Created 12/5/23

FALLS PREVENTION PROGRAM

of Holmes, Wayne, & Ashland

Falls are **NOT** a normal part of aging!

Working Together
Staying Active
PROMOTING INDEPENDENCE
Preventing Falls



Holmes County
General Health District
Prevent. Promote. Protect.



Empower

➤ Falls in the 65 and older population has reached epidemic proportions within Ohio.

➤ 1 in 3 Older Ohioans 65 and older fall each year.

➤ Falls are the leading cause of injury among Ohioans 65+.

➤ Combined falls data from Holmes, Wayne, and Ashland Counties through the years of 2018-2022, saw a total of 11,301 ER visits due to a fall-related injury.

The Falls Prevention Program (FPP) of Holmes, Wayne & Ashland, operating under the guidance of the Holmes County General Health District, are taking steps to change these statistics within the region!

It's time to get EMPOWERED with knowledge to prevent falls from occurring for yourself and those around you!

Engage

The FPP of Holmes, Wayne & Ashland provides evidence-based educational and physical activity programs that can help you develop the tools needed to prevent falls from occurring. All programs are offered at **NO CHARGE** to the individual!

These programs include:

- *A Matter of Balance*, an 8-week educational class that helps individuals reduce their fear of falling through education and discussion with an exercise component.
- *Stepping On*, a 7-week educational class that helps individuals build confidence to manage falls risks with an exercise component.
- *Tai Chi for Arthritis*, an 8-week physical activity class meeting 2x a week
- *Geriatric-Fit*, an 8-week physical activity class meeting 2x a week

HOLMES COUNTY OFFERS:

A Matter of Balance
Stepping On
Tai Chi for Arthritis
Geriatric-Fit

WAYNE COUNTY OFFERS:

A Matter of Balance
Stepping On

ASHLAND COUNTY OFFERS:

A Matter of Balance

Excite

Falls are **NOT** a normal part of aging!

Take a proactive step today to prevent falls by:

✔ Reviewing your medications with your healthcare provider or pharmacist. Some medications have side effects that can lead to falls.

✔ Having your vision and hearing checked. Knowing your body can help you make the needed changes to prevent falls.

✔ Making your home a safer place to live by completing a Home Safety Assessment.

✔ Being physically active on a daily basis can increase your strength and improve your balance.

You are a valuable part of the community and we want you to remain healthy, active, and falls-free! Get EMPOWERED through education! ENGAGE yourself in life, and get EXCITED about all of life's possibilities!