



**Planning and Service Area 2
Area Agency on Aging
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Dignity at Home Fall Prevention Program

PSA 2 Area Agency on Aging is pleased to announce the Dignity at Home Fall Prevention Program funded by the California Department of Aging. The mission of the program is to reduce the number of debilitating falls suffered at home by older adults and persons with disabilities.

Contact us today to inquire about your eligibility for this no-cost program!



Grab Bars



Shower Seats



Transfer benches

Toilet Safety Frame



Toilet Seat Risers



Handheld Shower Spray



Each year, millions of older adults suffer injuries from a fall. Research has shown that one out of five falls results in serious injury, such as a broken bone, a head injury or death. In addition, medical costs for falls cost more than 50 billion dollars each year. Research also indicates that many falls are preventable.

Four Things YOU can do to prevent falls:

- **Ask your healthcare provider to review your medications**
- **Exercise to improve your balance and strength**
- **Have your eyes and feet checked**
- **Make your home safer**