



Jefferson County PUBLIC HEALTH SERVICE

Public Health Facility, 531 Meade Street, Watertown, New York 13601

MEDIA RELEASE

For Immediate Release

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The Jefferson County Public Health Service and Watertown Housing Authority Partner to Bring Fall Prevention Classes to Housing Complexes

Watertown, NY, March 6, 2013 ~Jefferson County Home Health Care, part of the Jefferson County Public Health Service (JCPHS) and the Watertown Housing Authority (WHA) are partnering to bring a six week fall prevention program to residents in three of WHA's housing complexes. Bringing this program directly to where people live will help older adults gain strength, improve balance, and develop confidence to live healthier, safer lives and preserve their independence.

Every 15 seconds, an older adult is seen in an Emergency Department for a fall-related injury. Nationally, falls are the leading cause of both fatal and nonfatal injuries for those aged 65 and over. Studies show that a combination of interventions can significantly reduce falls in the older adult population. Experts recommend a physical activity routine with balance, strength training, and flexibility components; consulting with a health professional about getting a fall risk assessment; having medications reviewed periodically; getting eyes checked annually; and making sure the home environment is safe and supportive.

The Jefferson County Home Health Care staff will offer this fall prevention series aimed to improve the health and safety of individuals. The six week class series is an opportunity for those living in Hilltop, LeRay, or Midtown Apartment complexes to learn safety precautions to reduce their risk of falls and injuries. There is no charge for this workshop series. Although the funding for this project comes from the Office of Women's Health the program is appropriate for both men and women. Being able to bring this program directly to where people live is a great opportunity to extend the reach of success of the program completed by the Jefferson County Home Health Care staff in the fall.

The Therapy Team, lead by Amanda Mower, Occupational Therapist, will provide a series of educational classes to improve safety in your home along with exercises to improve strength and balance. Class topics will include: Medication Management, Tai Chi Fitness for Seniors, Vision Assessment, and Home Safety. Each session will include both classroom instruction and hands on training. At the end of each session a speaker will present on a specific health issue effecting women.

Residents may sign up in the lobby of their complex or by calling 786-3723. Classes begin next week. For more information about home health care services go to www.jcphs.org.

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