

Press Release

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FOR IMMEDIATE RELEASE

“Stepping On” Fall Prevention Program

Lindsborg Community Hospital will be offering “**Stepping On**” a 7 week workshop designed to assist older adults in taking control of their risk of falling. Program participants will meet Tuesdays, September 8th, 9:30am to 11:30am at Messiah Lutheran Church, Fellowship Hall, 402 North First in Lindsborg, KS. Masking and social distancing will be required.

To register, call 785-227-3308. Ext 238, or go to www.lindsborghospital.org for a brochure and application. Class size is limited and there is no charge for the program. You may also email program.enroll@lindsborghospital.org

Falls are the leading cause of injury and injury-related deaths among those aged 65 years and older. Older adults are hospitalized for fall-related injuries five times more often than they are for injuries from other causes. According to the Center for Disease Control (CDC), one in three adults aged 65 and older falls each year, and 20-30% suffer moderate to severe injuries that make it difficult for them to get around or live independently or cause early death.

Annually, emergency departments treat about 2.5 million nonfatal fall injuries among older adults; more than 30%, or about 734,000 of these patients have to be hospitalized with fractures, soft tissue injuries or head injuries. In 2015, the direct medical costs of older adult falls, adjusted for inflation, were \$31 billion. As the population ages, both the number of falls and the costs to treat fall injuries are likely to increase.

This will be the eleventh session offered by the Lindsborg Community Hospital to help prevent and combat falls in the Smoky Valley. The small-group program is designed to reduce falls and build confidence in older adults and is offered at no cost to participants.

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