



# COUNTY OF SAN DIEGO NEWS RELEASE

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## **HHSA RECEIVES \$25,000 GRANT FOR FALL PREVENTION EFFORTS** *Archstone Foundation Funding Will Expand Task Force Activities*

Older adults are hospitalized for fall-related injuries five times more often than they are for injuries from other causes. The death rate from falls among older adults has increased continuously in recent years. Most of these falls are preventable.

Aging & Independence Services, a division of the County of San Diego HHSA (Health and Human Services Agency), has received a \$25,000 grant from the Archstone Foundation to strengthen its Fall Prevention Task Force, which brings together several organizations dedicated to educating seniors and others about balance exercises, home safety measures and other ways to avoid falls.

The funding will be used for three purposes: (1) increase membership on the task force to include more seniors and persons from various ethnic groups; (2) improve connections between physicians and community providers to provide more comprehensive fall prevention resources to at-risk seniors; and (3) create a strategic plan for improving fall prevention activities in East County as this region has the highest percentage of falls among older adults.

HHSA's Fall Prevention Task Force has been together three years and has been involved in a series of safety fairs, hundreds of seminars and has produced an educational DVD, "Don't Fall For It."

To participate in the Fall Prevention Task Force or to learn more about it, contact Kristen Smith at (858) 495-5061.

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