



Broward Regional Health Planning Council, Inc.

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Broward Regional Health Planning Council is proud to observe National Fall Prevention Awareness Day

Hollywood, FL – Broward Regional Health Planning Council, Inc. (BRHPC) is proud to observe National Fall Prevention Awareness, the first day of fall (September 22, 2012), to promote and increase public awareness about how to prevent and reduce falls among older adults. The initiative is also supported by the National Council on Aging, the National Fall Prevention Coalition, the Florida Department of Elder Affairs and many other health organizations, including the American Occupational Therapy Association and the American Physical Therapy Association.

Florida communities and residents are working to amplify alertness on this issue to encourage Florida residents to take steps to protect those who are at risk of falling. Falling and the fear of falling can lead to depression, loss of mobility, and loss of functional independence. Thereby, fall prevention education amongst older adults is essential in reducing falls and risk of falling in the community and at home.

Broward Regional Health Planning Council, Inc. (BRHPC), in collaboration with The Aging & Disability Resources Center (as the local presence of the Florida Department of Elder Affairs, Memorial Regional Health Systems and other community partners, is proposing to hold events, specifically targeted to older adults. The activities would include: screenings (blood pressure, podiatric balance) medication reviews; Tai Chi, Matter of Balance classes; and other physical demonstrations. Additional activities might include talks by occupational and physical therapists on the proper use of assistive devices, distribution of health information, and lectures on fall related topics by healthcare professionals.

If you are interested in partnering with Broward Regional Health Planning Council, Inc. (BRHPC) on this new journey, please contact Edwidge Solages, Healthy Aging Coordinator, at (954) 561-9681 or esolages@brhpc.org

Broward Regional Health Planning Council, Inc. (BRHPC) is a not-for-profit, established in 1983, under Florida Statute (408.033), as the legislatively designated Broward County local health planning entity. BRHPC is committed to delivering health and human service innovations for the uninsured at the national, state and local level through planning, development, direct services, evaluation and organizational capacity building. During the last several years, BRHPC has led statewide collaborative planning activities in partnership with the other ten Florida Local Health Planning Councils. For more information on BRHPC, call (954) 561-9681 or visit www.brhpc.org.

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