

# STAY UP AND ACTIVE

## Frequent Faller or at Risk for Falling?

### Here's a way to help lower your risk for repeated falls

Nearly 1,000 older adults in Orange County call EMS each year after a fall. ***Stay Up and Active*** is an initiative between the Orange County Departments on Aging and Emergency Management Services (EMS), with support from the UNC Geriatric Education Center, the UNC Division of Occupational Science and Occupational Therapy and the UNC Center for Health Promotion and Disease Prevention. This innovative program seeks to connect older adults to the services and resources they need to safely age in place due to falls or the risk of falls.

Older adults who call EMS due to a fall, or are determined to be at high risk of falling, can receive a follow-up screening by EMS supervisors and be referred for evaluation and services through the Department on Aging. These services may include home safety education, home modifications, counseling, referral for primary or specialized health care, in-home services or other resource referrals. For more information about this program or to schedule a falls risk screening, contact Emergency Services (919-919-245-6192) or Mary Fraser, Aging Transitions Administrator at the Department on Aging (919-968-2087).