

### **ECHO Show #505 & #506 "Anyone Can Fall"**

#### **-1- (Shots of people walking down street)**

Young or old--for most of us, our days are composed of countless steps.  
No one ever really expects to fall.

[21]

#### **-2- (nat sot...street noise (if available))**

#### **-3- (Computer graphic of human form falling, or if not available, other shots of people on street. Shots of older people for last two lines)**

But, in fact, anyone can fall.

Falling can happen at any time and any place.

As we grow older, a fall can be a life-changing event. The good news is that you can stay independent and prevent a fall by following a few simple tips.

[45]

#### **-4-(Shots of people inside a home. If available, shot of books or boxes against a wall—or shoes in middle of the floor. )**

Most falls occur at home. That's why it's important to move things you can trip over out of the way.

[20]

#### **-5-(Shot of throw rug on the floor. Then, older person talking on the phone or answer the door. Last line-shot of cat or dog.)**

Put away throw and scatter rugs, which make it easier to trip, slip, and fall. Take your time getting to the phone or answering the door. Rushing could cause you to fall.

And, watch for pets in your path.

[39]

**-6- (Shot of light switch being turned on. Shot of people in a room and someone turning on a light. Shot of nightlight. Shot of older person in bed.)**

Sometimes preventing a fall can be as easy as flipping a switch. A brighter home is a safer home. Light the path between the bedroom and bathroom with nightlights. Keep a lamp or flashlight, and your glasses, within easy reach of your bed.

[43]

**-7- (Shots of older people outside-in a park or doing other activities. Last shot-older person with cane or walker)**

Being outside in fresh air helps people feel good. But, falls can occur outdoors, too. When you step outside, give your eyes time to adjust to the outdoor light. Wear sunglasses to reduce glare and see well. **Take care** when walking on slippery, wet or icy surfaces. And, don't hesitate to use your cane or walking aid—staying independent may depend on it.

[63]

**-8- (Shot of people getting on/off bus or bus going down the street. Shots of people carrying bags, packages)**

Don't rush getting in or out of a bus or car. Similarly, take your time crossing the street.

[18]

**-9-(Shots of a doctor giving a person an eye exam)**

Remember, everyone's vision changes with age. It can happen so gradually you might not even notice it. That's why it's important to have an eye doctor check your eyes at least once a year. Schedule the appointment around your birthday to help you remember.

[44]

**-10-(Shots of a person, preferably a senior, talking with a doctor. Then shots of pill bottles and over-the-counter meds like aspirin, followed by shots of people walking on street)**

Talk with your pharmacist, and doctor or health care provider, as well, about all your medications and side effects. Medications include prescription medicines, vitamins, herbal supplements, and over-the-counter remedies bought at a drugstore.

It might surprise you how many commonly taken medications, or combinations of medications, have side effects that can cause a loss of balance or make you feel unsteady on your feet.

[64]

**-11-(Shots of people walking in mall, or on streets or in park. Last line shot of soles of tennis shoe or other non-skid shoe if available)**

Your feet get you where you need to go. If they hurt, you will be less active, which could increase your risk of falling. Keep your feet clean and dry. Trim toenails regularly, using a nail clipper. Don't go barefoot. Wear shoes with **non-skid soles** that support your feet.

[49]

**-12- (Shots of people walking. Then, shots of older people walking inside a building, if available.)**

Moving our bodies every day helps us feel better and enjoy life more. Walking is an easy and free way to move. Walk where ever and whenever you can. Thirty minutes a day of exercise is recommended. Break it into 10-15 minutes blocks if that is easier — it's the total that matters.

[52]

**-13-(Shots of older people enjoying life-fishing, playing cards, holding a baby. Final shot: Graphic with Senior LinkAge Line and phone number, if possible)**

Follow these tips to stay independent and enjoy life more by preventing yourself and others from falling. Help is also available by calling the Senior LinkAge Line, 1-800-333-2433, or your local public health agency.

[34]