

## Your Support Matters

**STAYinTV** is a non-profit 501(c)3 volunteer organization that functions primarily on donations. Both Tellico Village residents and local organizations support our programs.

Your tax deductible donation will play a key role in keeping these valuable programs available in Tellico Village. Thank you.

Please make your checks payable to .....

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## Myths About Your Risk for Falls

**Myth:** *Falls are a normal part of aging.*

**Fact:** Most falls are preventable at any age.

**Myth:** *I'm safer at home.*

**Fact:** More than half of all falls take place at home.

**Myth:** *I'm too old to exercise.*

**Fact:** It's never too late to benefit from regular exercise.

**Myth:** *Poor vision and hearing have nothing to do with falls.*

**Fact:** Both can be a risk factor for falls.

**Myth:** *Taking medication does not increase my chance for falls.*

**Fact:** Medications affect people in different ways especially when you take four or more per day.

**Myth:** *Falling won't happen to me.*

**Fact:** One in three older adults fall each year.

**Myth:** *If I tell my family or physician about my falling, I will lose my independence.*

**Fact:** Family, friends and your physician can all help you reduce your risk of falling.

## Fall Prevention



Falls are the leading cause of preventable death and disability in persons over age 65.

Most falls are preventable; there are steps that you can take to reduce your chance of a fall.

STAYinTV can help.

Go to [www.stayintv.org](http://www.stayintv.org) to learn about all our programs.