

Fall Prevention Month Past Articles

To use as is, to adapt or to learn more about

Please feel free to share past articles which have been published in a variety of magazines, newsletters, blogs, and other media. These articles do not have copyright and you are free to share with media in your community.

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- For further information
- To access other publishable media
- To brainstorm about potential articles

Past articles

- 1) [Fear of Falling](#): Tips to manage and overcome the fear of falling.
- 2) [Safe Winter Walking](#): Tips to avoid falls and injuries during the cold season.
- 3) [Stepping Together to Prevent Falls and Fractures \(in Fracture Link Ontario Osteoporosis Strategy\)](#): Tips to prevent both falls and osteoporosis. November is also Osteoporosis Month, so both organizations have teamed together to share information and resources. Osteoporosis can make the outcome of a fall much worse.
- 4) [Avoiding Hazardous Falls](#): Tips to share with older adults to help avoid injuries from falls.
- 5) [Grandparents and Kids - Fun and Safety](#): Intergenerational tips to help both grandparents and grandchildren to have fun together, stressing how to decrease avoidable risk factors.
- 6) [Health Care Worker Resources](#): Places to find helpful information and resources for health care workers.
- 7) [What We All Can Do](#): Ideas for Fall Prevention Month participation within the whole community.
- 8) [Christmas Gifts with Love and Safety](#): Ideas for presents for all ages and great suggestions for those who are hard to buy for, for the general household and beyond.