September 2026

Tip of the Month

STAY IN THE LOOP WITH UPDATES AND ANNOUNCEMENTS!

AT A GLANCE

- This month's topic is **Not Falling this Fall Season!**
- Reach out to **Erika** for more information

Fall Prevention

Stay Safe. Stay Independent. Enjoy the Season.

Falls are the leading cause of injury among older adults, but many falls can be prevented. Small changes can help you stay strong, steady, and independent all season long.

Tips for a Safer Fall

Make your home Fall-Safe: Remove tripping hazards like loose rugs, clutter, and cords. Ensure good lighting in hallways and bathrooms. Use night lights to light your way.

Wear safe Footwear: Choose suportive, non-slip shoes both inside and outside. Avoid walking in socks.

Check your vision: Have your eyes checked regularly and keep your prescription up to date.

Review your medications: Make yourself aware of your medications as some can cause dizziness or drowsiness.

Reach Out to Erika!

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For questions, feedback, newsletter ideas or story contributions, email **providenceplaceop@trinityrehab.net** and we'll be in touch.