

Maine Falls Prevention Coalition

Falls Prevention Awareness

Social Media Suggested Posts



Friends and Family

- Family support is key! Help your loved ones by decluttering their living space to reduce fall hazards. Every little bit helps!
 - *Suggested Image/Graphic: A family member helping an older adult organize their living room.*
- Staying active together can strengthen muscles and improve balance. Invite a friend for a walk or exercise class to help reduce fall risk!
 - *Suggested Image/Graphic: Friends walking together in a park.*
- Small modifications can make a big difference. Help install grab bars and handrails to ensure your home is fall-proof for loved ones.
 - *Suggested Image/Graphic: A family member installing a grab bar in the bathroom.*
- Good nutrition supports strong bones and muscles. Cook and share healthy meals with friends and family to keep everyone strong and steady.
 - *Suggested Image/Graphic: Friends cooking a healthy meal together.*
- Regular check-ins can identify potential hazards and ensure well-being. Take time to visit or call your loved ones to help keep them safe and sound.
 - *Suggested Image/Graphic A family member checking in on an older adult.*

Suggested Hashtags: #FallPrevention #FPAW #NCOA #FallsPreventionAwarenessDay #MFPC

