

# Rehab Update

This is Fall Prevention Month.



## **National Council on Aging - Debunking the Myths of Older Adult Falls**

Myth 1 - Falling happens to other people, not me.

Truth - 1 in 3 older adults falls every year.

Myth 2 - Falling is something normal that happens as you get older.

Truth - Falling is not a normal part of aging.

Myth 3 - If I limit my activity, I won't fall.

Truth - Performing physical activities will help you stay independent.

Myth 4 - Using a walker or cane will make me more dependent.

Truth - Walking aids are very important in helping many maintain or improve their mobility.

Talk to your therapist about these myths of falling and how to stay safe at home.

Learn more about how to prevent falls at [www.ncoa.org](http://www.ncoa.org)