

Fall Facts

An older adult falls every second of every day

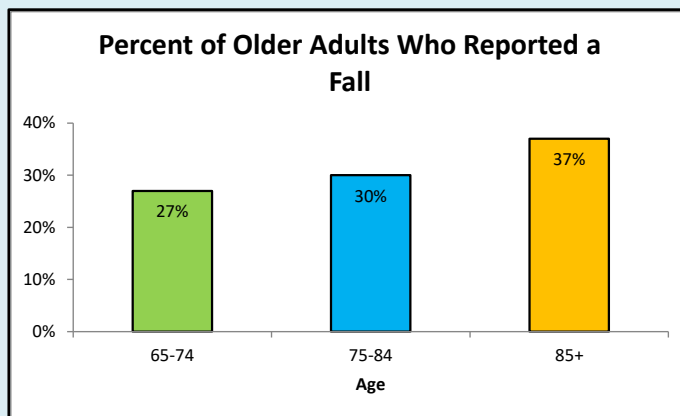
In 2014

-1 in 4 older adults reported a fall

-Most adults who fall don't tell their doctor

-More than 27,000 older adults died as a result of falls

Falls Increase with Age



What can you do?

Speak Up

-Talk with your doctor about falls risk and prevention

Keep Moving

-Activities strengthen muscles and improve balance

Check Your Eyes

-Have your vision checked regularly

<https://www.cdc.gov/homeandrecreationalafety/falls/adultfalls.html>

Stratford Senior Services

*Raymond E. Baldwin Center
1000 West Broad Street
Stratford, Ct 06815*

*Diane Puterski-Director of Senior Services:
Tel:(203)-385-4050*

*Office Hours: Mon-Fri: 8:30am-4:00pm
Transportation Line: (203)-385-4051*

Recreation: Crafts, quilting, dancing, cards, bocce, and more.

Exercise and Fitness Essential to healthy aging and independent living, classes offered include Tai Chi, aerobics, and yoga

Nutritional Services Offered Monday through Friday.

Education A variety of courses including computers, foreign languages, creative writing, and painting.

Health and Wellness Programs Promote activity and independent living.

Transportation: Provided for disabled residents and seniors 60 and older to get to medical appointments, shopping and other placed in and around Stratford.

Baldwin C.A.R.E.S. A Social Model Adult Day Care Program focusing on maintaining the participants optimum level of social and recreational functioning.

