

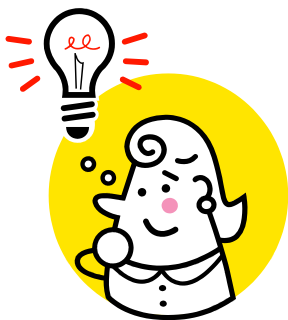
Heads Up! Seniors



One person in three over the age of 65 will fall and 60% of these falls will occur at home.

Almost 9,000 individuals in the state sustained a brain injury in 1999*

*Center for Health Statistics of the New Jersey Department of Health and Senior Services



Heads-up! Seniors is a fall prevention and pedestrian safety campaign to increase awareness of the risks and consequences of brain injury among New Jersey's older residents. *Heads Up! Seniors* includes materials on brain injury in seniors, a safety checklist, and an interactive game show event. This free educational and social presentation is designed to educate seniors about traumatic brain injury and how to best prevent falls and pedestrian accidents that can lead to such injuries. Seniors will be encouraged to give their mind a workout and start thinking and talking about the issue, while having fun with their friends and neighbors. Participants are also provided with the safety checklist to examine their homes and lifestyles for potential fall hazards.

The Brain Injury Association of New Jersey recommends the following safety tips for seniors:

- Check that all areas of your home are well lit, especially hallways and stairs.
- Begin an exercise program, with your doctor's approval, to improve your strength and balance.
- Review medications with your health care provider, paying close attention to possible side effects.
- Use double-sided tape on sides to secure area rugs.
- Reorganize work and storage areas so they are within easy reach.
- Wear supportive, low-heeled shoes, even at home.
- Install at least one grab bar in the bathtub or shower.
- Have vision checked at least once a year.
- Keep a flashlight next to the bed.



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The Brain Injury Association of New Jersey is a statewide membership organization dedicated to supporting and advocating for individuals affected by brain injury and raising public awareness through education and prevention.

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