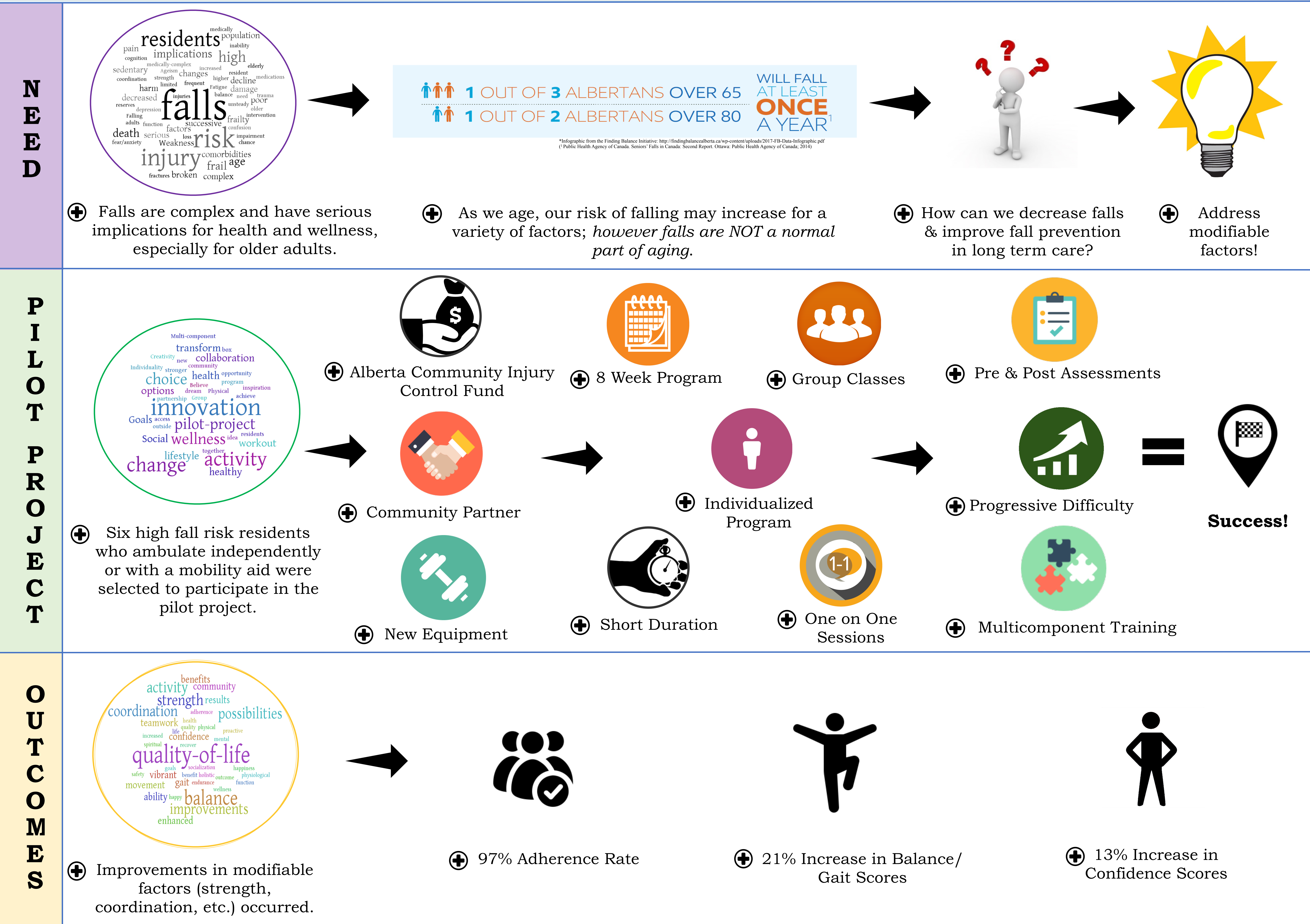


Putting out the fire before it starts: Proactive fall prevention

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LESSONS LEARNED

- ✓ Never say never – improvements occur at any age.
- ✓ Resource sharing – collaboration with community is key.
- ✓ All hands on deck – family buy in is essential.
- ✓ Older adult reserves – decreased ability to bounce back after being sick.
- ✓ Adjustments happen all the time – planned duration/ intensity vs actual.

FUTURE DIRECTIONS

- Future considerations for fall prevention/ management projects:
 - Providing opportunities at any age is essential, regardless of living arrangements.
 - Wholistic approach in all aspects of programming should be considered.