



COUNTY OF SAN DIEGO NEWS RELEASE

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SENIOR SAFETY DAYS SEEK TO PREVENT FALLS, OTHER EMERGENCIES *County Co-Sponsors Two Special Saturday Events Targeted for Older Adults*

Last year, some 7,000 older adults in San Diego County had falls so serious they required help from paramedics. That's about 19 seniors each day!

Everyone stumbles once in a while, but when a frail older adult falls, the results can be life altering, even fatal. Of those seniors who survive their falls, many suffer serious injuries, including hip fractures and head trauma. Once hospitalized for a hip fracture, approximately 40 percent never live independently again.

To help reduce the number of these traumatic accidents plus other home safety emergencies, the San Diego County Health and Human Services Agency, Aging & Independence Services (AIS) and the San Diego Fall Prevention Task Force are sponsoring two Senior Safety Days to be held from 10 a.m. and 12:30 p.m. on Feb. 18 and March 4 in the Health-N-Home sections of several Sav-on stores.

Besides fall prevention education, the Senior Safety Days will include medication reviews, blood pressure screenings, and information on emergency preparedness, home safety and community resources.

The Feb. 18 events will be held at the following Sav-on stores: Carlsbad (2510 El Camino Real); Encinitas (455 Encinitas Blvd.); Rancho Bernardo (16773 Bernardo Center Dr.); and Escondido (318 El Norte Parkway).

The March 4 events will be held at these Sav-on stores: Chula Vista (555 Broadway, Ste. 1054); El Cajon (2760 Fletcher Parkway); and San Diego (4829 Clairemont Dr.).

No reservations are necessary. Just come learn how to keep yourself safer in your home!

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