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# Falls Awareness

## Take a Stand Against Falls

Falls, currently the leading cause of traumatic injury in Palm Beach County, can happen to anyone. The good news is that falls can often be prevented. The Health Care District of Palm Beach County, in partnership with Palm Beach County Fire Rescue and the Board of County Commissioners, are pleased to provide information, resources and practical tips to the Palm Beach County community to help prevent falls.

## Prevent Falls PBC App

[Download our FREE Prevent Falls PBC app](#) for valuable falls prevention resources, checklists and additional information.

**Features include:**



- Tai Ji Quan Classes
- Balance Screening
- Resources
- Push Notifications
- Weather Alerts



## Join Us for Free Tai Ji Quan: Moving for Better Balance® Classes:

Tai Ji Quan: Moving for Better Balance® (TJQMBB) is a research-based balance training program developed by Dr. Fuzhong Li, a Senior Scientist at the Oregon Research Institute. Designed specifically for older adults at risk of falling and individuals with balance disorders, the program offers a wide range of health benefits, including improved balance, increased lower-extremity strength, enhanced physical performance, and most

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importantly, the prevention of falls and injurious falls.

## **Locations:**

### **Open to the Public:**

#### **South County Civic Center, Delray Beach, FL**

16700 Jog Rd, Delray Beach, FL 33446 (Outside Under the Pavilion)

Mondays-Fridays: 8:30 am-9:30 am

Tuesdays/Thursdays: 10:00am-11:00am

#### **St. Mary's Medical Center, West Palm Beach, FL (Through April 26)**

901 45th St. West Palm Beach, FL 33407 (Palm Beach Children's Hospital Entrance)

Mondays & Fridays: 5:00 pm-6:00pm

ID required for hospital security access.

#### **Health Care District Board Room, West Palm Beach, FL (Starting Monday, May 6)**

1515 N Flagler Dr. #101, West Palm Beach, FL 33401 (Lobby Level)

Next to the reception office by the front doors.

Mondays & Fridays: 5:00 pm-6:00pm

Self park in the attached parking garage.

#### **West Boynton Park & Recreation Center**

6000 Northtree Blvd. Lake Worth, FL 33463

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Monday-Thursday: 9:30am-10:30am

***Additional locations coming soon!***

## **Six Steps to Prevent a Fall**

## Strong Today, Falls Free Tomorrow

Every 11 seconds, an older adult is seen in an emergency department for a fall-related injury.

To reduce injury and save lives, the **Health Care District's Trauma Agency** plays an important role educating the community about fall prevention. Help reverse the annual trend that 1 out of 4 older Americans suffers a fall.



Courtesy of **ncoa**  
National Council on Aging



## 6 Steps to Prevent a Fall

- ☐ **Find a good balance and exercise program**  
Look to build balance, strength, and flexibility. Find a program you like and take a friend.
- ☐ **Talk to your health care provider**  
Ask for an assessment of your risk of falling. Share your history of recent falls.
- ☐ **Regularly review your medications with your doctor or pharmacist**  
Make sure side effects aren't increasing your risk of falling. Take medications only as prescribed.
- ☐ **Get your vision and hearing checked annually and update your eyeglasses**  
Your eyes and ears are key to keeping you on your feet.
- ☐ **Keep your home safe**  
Remove tripping hazards, increase lighting, make stairs safe, and install grab bars in key areas.
- ☐ **Talk to your family members**  
Enlist their support in taking simple steps to stay safe. Falls are not just a seniors' issue.

[Download Checklist \(English\)](#)

[Download Checklist \(Spanish\)](#)

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## Compliance

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