RESOLUTION
THE BOARD OF SUPERVISORS
MARIN COUNTY

PROCLAIMING
FALL PREVENTION AWARENESS DAY
“PREVENTING FALLS – ONE STEP AT A THE TIME”
SEPTEMBER 22, 2013

WHEREAS, September 22nd 2013, is the 6th annual National Falls Prevention Awareness Day; and

WHEREAS, this year’s theme, Preventing Falls – One Step at a Time, seeks to unite older adults, professionals, caregivers, and families to raise awareness and prevent falls; and

WHEREAS, one in three older adults experience at least one fall each year; and

WHEREAS, Marin County is home to approximately 75,000 citizens, 60 years of age and older, this is nearly 30% of our community’s total population; and

WHEREAS, falls are preventable by interventions that include a regimen of balance, flexibility, and strength training; by having a risk assessment by a professional; and by making sure the home environment is safe and supportive; and

WHEREAS, the Novato Fire Protection District, along with Dominican University, recently completed a study supported by Mental Health Service Act funds examining older adult falls in Novato; and

WHEREAS, the study found that older adults experienced long-term consequences of falls that include having to move into an adult care facility, fearing future falls, fearing the of loss of independence, and facing frustration or depression over the loss of independence or ability to do things; and

WHEREAS, the study identified fall prevention strategies that include being prepared for a future fall, receiving educational materials, having home fall safety assessments, and addressing issues of polypharmacy; and

WHEREAS, Health and Human Services Aging and Adult Services will conduct a public education campaign throughout Marin County during the month of September 2013 to raise awareness about falls.

NOW, THEREFORE, BE IT RESOLVED that the Board of Supervisors of the County of Marin does hereby honor all Marin’s older adults and hereby proclaims the first day of fall, September 22, 2013, as “Fall Prevention Awareness Day in Marin;” and

BE IT FURTHER RESOLVED that the Marin County Board of Supervisors urges all older adults and their families to seek information and assistance in preventing falls leading to injuries; and

BE IT FURTHER RESOLVED that the Marin County Board of Supervisors urges nonprofit and local agencies and health care providers to develop strategies and programs that will raise awareness of how to prevent falls to their family members, clients, neighbors, and fellow Marin citizens.

PASSED AND ADOPTED at a regular meeting of the Board of Supervisors of the County of Marin held this 17th day of September 2013.

JUDY ARNOLD – DISTRICT 5, PRESIDENT