

For immediate release

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## Safe-Tea Fair in York: Preventing Falls this September

Join Injury Matters in York for the Stay On Your Feet® Safe-Tea Fair, supporting the new Remove Hazards falls prevention campaign, featuring presentations on eye health, foot health and home safety, with activities, information stalls and lunch.

When	Thursday, 28 <sup>th</sup> September 2023
Time	10am - 2pm
Location	York Convention and Recreation Centre, Barker St, York WA 6302
Who	Older adults, their family members, and carers

This is free community event aims to prevent falls in the York community, as between 2015-2019, falls were the leading cause of hospitalisations in York and falls-related hospitalisation rates are 12% higher than the WA State hospitalisation rate.

Injury Matters General Manager – Injury Prevention, Samantha Menezes said, “Falls are preventable - they don't just happen. By removing hazards, older people can reduce their risk of having a fall,”

Ms Menezes highlighted the impact hazardous clutter; vision changes and unsafe shoes can have on our risk of falls.

Around half of falls experienced by older adults living in the community occur in their homes and immediate home surroundings, especially in outdoor areas, the bathroom and the bedroom. Regular eye checks and safe footwear can help maintain balance and navigate obstacles in every environment.

“Come down to the Safe-Tea Fair to find resources and supports to help you stay falls-free; friends, family and carers welcome,” she said.

Injury Matters’ Stay On Your Feet® program aims to empower older adults with the knowledge and resources they need for healthy aging and reducing their risk of falls.

For more information, visit [www.stayonyourfeet.com.au](http://www.stayonyourfeet.com.au), call us on 1300 30 35 40 or email [info@stayonyourfeet.com.au](mailto:info@stayonyourfeet.com.au)

### **-Ends-**

For further information, interview, and photo opportunities, contact Ashleigh Kostecki, Communications and Marketing Coordinator, on 08 6166 7688 or [communications@injurymatters.org.au](mailto:communications@injurymatters.org.au).