

NCBAM'S PRIORITY #1: **PREVENTION**



*NCBAM is head
over heels about*

**Building
Better
Balance**

Evidence-based fall prevention
programs ***save lives!***

You have delivered my soul
from death, my eyes from tears,
and my feet from falling.

– Psalm 116:8

Age 65+ Fall Facts

1 in 3 will fall each year

Every 13 seconds, a trip to the ER

Every 20 minutes, a death from a fall

The #1 reason aging adults
lose their independence

Falls can be debilitating

Falls are preventable!

NCBAM has partnered with Building Better Balance (BBB), an evidence-based screening process that identifies fall risk.

Individual screenings include just a few questions, one balance activity, and take only 10 minutes!

Participants receive information about fall prevention resources in their communities and personalized letters to share with their physicians.

BBB screenings can be the focus of a program or incorporated into other events.

NCBAM team members are certified screeners and coaches for Building Better Balance.

To learn more or to schedule a BBB screening, call 877.506.2226.



North Carolina Baptist Aging Ministry

877.506.2226 www.ncbam.org

A ministry of Baptist Children's Homes of North Carolina