

Our Mission & Our Membership

The Brain Injury Association of New Jersey, Inc. provides education, outreach, prevention, advocacy and support services to people affected by brain injury and to the general public. It is a chapter of the Brain Injury Association of America.

BIANJ members include people with brain injuries, their families and friends, corporations and non-profit organizations, physicians, therapists, attorneys and rehabilitation service providers.

The association is funded by state grants and private contributions. To find out how you can become a member or donate to support our services, contact us at 732-745-0200.

Heads Up! Seniors A Guide to Preventing Falls

BRAIN INJURY ASSOCIATION OF NEW JERSEY



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Falls are the leading cause of brain injury for New Jersey's seniors and brain injury can lead to many emotional, physical and cognitive problems. Consequences include a wide range of disabilities of varying severity, including short- or long-term memory problems. Almost one third of people over age 65 fall each year but many falls can be prevented.

Call us for a Heads Up! Seniors checklist to better identify behaviors and changes to prevent falls. For more information or a free group presentation, contact the Brain Injury Association of New Jersey at **1-800-669-4323** (in New Jersey) or 732-745-0200.

Almost one third of people over age 65 fall each year.



It takes just a few easy steps to prevent one false step.

- ▶ Keep the stairs, handrails and stair coverings in good repair and make sure walking areas, inside and out, are well lit.
- ▶ Remove throw rugs from your home and use double-sided tape to secure edges of area rugs to the floor.
- ▶ Remove ice, snow and leaves promptly from walkways, and repair cracks in exterior walking areas.
- ▶ Use non-skid mats around the bathroom and in the tub and shower. Grab bars are a good idea near the toilet and in the shower.
- ▶ Reorganize items in work and storage areas to be within easy reach.
- ▶ Remove obstacles from floors and walking areas, such as magazines, books, cords and low furniture. Spills should be cleaned up immediately.
- ▶ Wear supportive, low-heeled shoes.
- ▶ Review medications with your doctor or pharmacist for possible side effects and keep medicines well labeled.
- ▶ Exercise regularly, with a doctor's approval, to improve your strength and balance.