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**Dear Community Member,**

Falls are one of the leading causes of injury, particularly among older adults and individuals with certain risk factors. The good news is that most falls are preventable. The Meridian Fire Department is committed to enhancing the safety and well-being of our community through education, awareness, and proactive measures.

This Fall Prevention and Awareness Packet has been designed to provide you with essential information to help reduce the risk of falls in your daily life. Inside, you will find resources on:

- **Common Risk Factors** – Learn about medical conditions, medications, and other factors that may increase fall risk.
- **Home Safety Tips** – Identify and mitigate potential hazards in your home that could lead to falls.
- **Local Resources** – Access information on community programs, home modification assistance, and other support services available to you.

We understand that falls can have a significant impact on one's independence and quality of life, which is why we are taking proactive steps to help prevent them before they occur. Whether you are at risk yourself or caring for a loved one, we encourage you to review the information provided and take advantage of the available resources.

If you have any questions or would like further assistance, please do not hesitate to contact us at (208) 888-1234. Together, we can work towards a safer, healthier community.

**Stay safe and take care,**

**Meridian Fire Department  
Community Risk Reduction Division  
33 E. Broadway Ave. #210  
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