THE FALLING MONOLOGUES ENLIGHTENS, ENTERTAINS AND EMPOWERS OLDER ADULTS

(LOS ANGELES, CA) Art—like aging—is a universal force with the power to affect us all. To help educate and inspire older adults about fall prevention safety, the Fall Prevention Coalition-Los Angeles (FPC-LA)—coordinated by USC’s Fall Prevention Center of Excellence (FPCE)—commissioned scriptwriter and actress Marilyn Faber to write, direct and perform in The Falling Monologues.

An innovative collection of stories inspired by real-life scenarios, the Monologues cover common causes of falls and fall prevention tips as well as other, frequently overlooked issues including how crippling a fear of falling can become. In fact, falls are the leading cause of injury, hospital visits and death from an injury among people age 65 and older.

“People of all ages and activity levels fall at different times and under different circumstances,” said Anna Nguyen, associate program director of FPCE. “We want to move beyond the stereotype of the older adult who has ‘fallen and can’t get up.’”

Grounded in research, the Monologues also take a heartfelt and at times humorous tone.

“While falls among older adults are a critical public health issue and not a laughing matter, adding a touch of comedy helped to balance the seriousness of the topic,” said Emily Nabors, program coordinator and evaluator of FPCE. “We wanted to take a creative approach to raising awareness.”

Alongside Faber, the production stars Richard Attwill, Shirley Dougherty, Marcia Kassan and Lois Liebhaber, and has now been made available on YouTube, where everyone involved hopes to see its message of safety spread around the world.

“The message of the Monologues and the key to healthy, productive, and happy aging is to keep engaged and informed,” said Helen Davis of the City of Los Angeles Department of Aging. Falls are not inevitable, and The Falling Monologues were developed to help start discussions that can save lives.

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View The Falling Monologues on LA CityView (Channel 35) and YouTube (http://youtu.be/BSR6NCaxvMI). For additional information about fall prevention, visit the Fall Prevention Center of Excellence’s website at www.stopfalls.org. For more information on The Falling Monologues, visit www.stopfalls.org/fallingmonologues.