

The Boca Raton Tribune

Your Closest Neighbor

Support for the SAFE Act Would Help Older Floridians Live Safer

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Physical therapy isn't just about helping someone recover after they've been hurt. Much of what we do is focused on preventing injuries from happening in the first place.

As physical therapists, we know firsthand how significantly a fall can change an older person's life. A single fall can lead to devastating broken bones, hospitalizations, and a loss of independence and mobility. In fact, falls are the leading cause of injury-related deaths for Americans 65 years and older. They also cost our healthcare system billions of dollars every year.

That's why we recently welcomed staff from Representative Jared Moskowitz's office to our physical therapy practice in Boca Raton. We were grateful for the opportunity to show the Congressman's District Director around our practice and share more about the older adults we care for every day.

During the visit, I emphasized how physical therapists are trained to spot balance and mobility problems before they lead to a serious fall. We recognize warning signs and address underlying risks before an older adult ends up in the emergency room. Identifying these risks early can help older adults remain active, healthy, and independent.

That's why I hope Representative Moskowitz will support the Stopping Addiction and Falls for the Elderly (SAFE) Act (H.R. 1171/S. 2612). The legislation would allow Medicare beneficiaries to receive an annual falls risk assessment from a physical therapist, identifying potential risks before a fall occurs.

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