

Falls and Backpack Awareness

During the fall Semester, the sophomores in the Occupational Therapy Assistant program led several community wellness events as part of their psychosocial clinical fieldwork experience. September is a unique month, in that both the American Occupational Therapy Association's Backpack Awareness Day and Falls Prevention Awareness Day occur.

High school students in the Health Academy at the College, and fourth and fifth graders at Winecoff Elementary School took part in interactive skits, relay races, and other contests to learn how to protect their backs and joints from improper packing and wearing of their school backpacks.

Residents of The Laurels at Highland Creek, and participants at the North Mecklenburg and Mount Pleasant Senior Centers actively participated in education, training, and lively exchanges of ideas pertaining to preventing falls in the home and community, including environmental modifications and adaptive equipment.

In total, over 150 elementary students, and nearly 100 seniors participated in these events with great success! Thanks to all of the participants, and to our fabulous OTA students for their creative and therapeutic ideas. We look forward to growing these events and reaching more community members next year.

