

Senior Fall Prevention For Family, Friends & Caregivers



McHenry Township Fire Protection Dist.



**Every
20 minutes**
an older adult dies from
a fall in the United States.
Many more are injured.



Stopping Elderly
Accidents, Deaths & Injuries



OLDER ADULT FALLS

Startling Statistics



1 second

An older adult falls every second of every day



1 in 4

One in four older adults reported a fall in 2014



#1 cause

Falls are the #1 cause of hip fractures

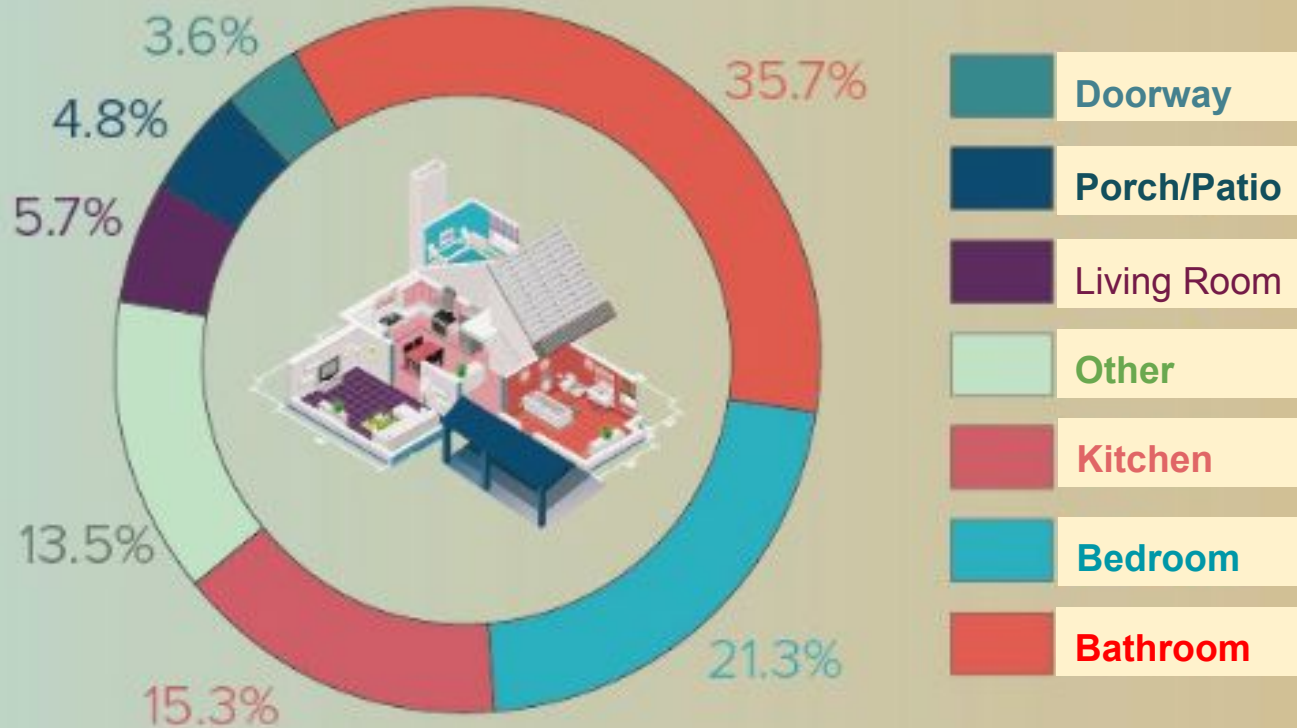


Stopping Elderly
Accidents, Deaths & Injuries

www.cdc.gov/steady



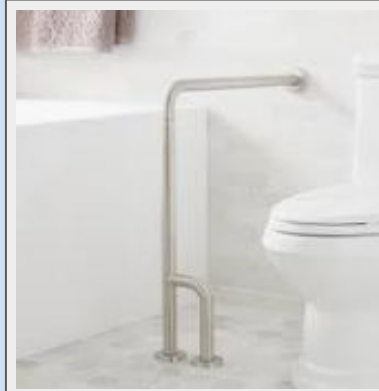
Room/location in home where geriatric fall injuries occur



What you can do
to help your
Senior...

To help you can:

Install grab bars on the wall next to **bathtub, shower, and toilet**. Consider installing a raised toilet seat or getting toilet support rails that provide help getting up. Shower seats are also beneficial.



*Shown for
illustrative
purposes only*



To help you can:

Provide **non-slip mats** in the bathtub and on shower floors.



To help you can:

Install handrails along the full length of **BOTH sides** of the stairs. Check that stairways are well lit from both the top & the bottom.



To help you can:

Repair wrinkles or folds in carpeting. **Repair uneven surfaces** indoors and outdoors (*prevents tripping while using the mailbox or getting newspaper for example*).



To help you can:

Improve lighting in
and outside home.

Provide **nightlights**

Make sure **stair
lighting** is bright.



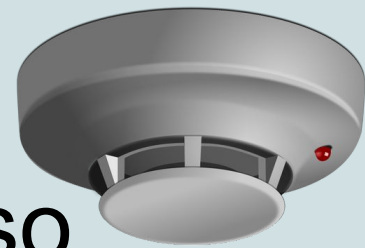
To help you can:

Arrange for
snow and ice
removal



To help you can:

Change smoke alarm batteries so your Senior does not need to use a ladder. Install new smoke alarms if they are over 10 years old. Make sure there is a CO alarm on each level of the residence.



LINK to flyer for 20% off advertised smoke alarms or combination smoke alarm/CO alarm at **this specific retailer only:**

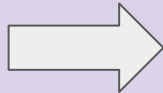


<https://www.mtfpd.org/DocumentCenter/View/1184/Smoke-Alarm-from-Ace-Hardware-flyer>

To help you can:

Check your local fire department website about a **PREMISE ALERT FORM**. It provides for Public Safety Agencies in Illinois to save pertinent info which can be used by police, fire and EMS personnel in the event of a 911 emergency. For example, a garage entry code, medical info, special needs, etc.

MTFPD's form



<https://www.mtffd.org/DocumentCenter/View/696/Illinois-Premise-Alert-Program-Form-2019?bidId=>

To help you can:

You can purchase a **Knox Box**. It stores an entry key outside a residence in a secure unit that only the fire department has a key to access. You register the Knox Box with your local fire department.



Purchase a Knox Box **Link** ➔ <https://www.knoxbox.com/>

To help you can:



MY MEDICAL INFORMATION	
 WE CARE ABOUT YOU AND YOUR SAFETY!	
IN AN EMERGENCY DIAL 9-1-1	
NAME:	
ADDRESS:	
DATE OF BIRTH:	
PHONE NUMBER:	
DOCTOR:	PHONE:
EMERGENCY CONTACTS	
NAME	PHONE
	CELL PHONE
NAME	PHONE
	CELL PHONE
MEDICATIONS	
WE SUGGEST USING A PENCIL FOR EASE IN MAKING CHANGES	
(over)	

ALLERGIES	
MEDICAL CONDITIONS	
<small>(Please check any that apply)</small>	
<input type="checkbox"/> CARDIAC	<input type="checkbox"/> HYPERTENSION
<input type="checkbox"/> ASTHMA	<input type="checkbox"/> SEIZURES
<input type="checkbox"/> DIABETES	<input type="checkbox"/> STROKE
<input type="checkbox"/> OTHER (please explain below)	
ADVANCED DIRECTIVES	
<input type="checkbox"/> DNR - WHERE IS IT LOCATED?	
<input type="checkbox"/> LIVING WILL - WHERE IS IT LOCATED?	
<input type="checkbox"/> POWER OF ATTORNEY for Healthcare WHERE IS IT LOCATED?	
ENTER ADDITIONAL INFORMATION BELOW	
Courtesy of: McHENRY TOWNSHIP FIRE PROTECTION DISTRICT	

Get a **File of Life** so that sharing information to EMS and the hospital is easier, especially if the patient is confused, upset, or unable to communicate.

For residents of MTFPD, you can pick up a **FREE** File of Life, Mon-Fri, 8:00am-5:00pm at

MTFPD Administrative Office

3710 W. Elm Street

McHenry

Phone inquiries will receive the same info above

Non-residents, check with your local fire department. They are also available on Amazon.com

Use this checklist to find and fix hazards in the home

STAIRS & STEPS (INDOORS & OUTDOORS)

Are there papers, shoes, books, or other objects on the stairs?

- Always keep objects off the stairs.

Are some steps broken or uneven?

- Fix loose or uneven steps.

Is there a light and light switch at the top and bottom of the stairs?

- Have an electrician put in an overhead light and light switch at the top and bottom of the stairs. You can get light switches that glow.

Has a stairway light bulb burned out?

- Have a friend or family member change the light bulb.

Is the carpet on the steps loose or torn?

- Make sure the carpet is firmly attached to every step, or remove the carpet and attach non-slip rubber treads to the stairs.

Are the handrails loose or broken? Is there a handrail on only one side of the stairs?

- Fix loose handrails, or put in new ones. Make sure handrails are on both sides of the stairs, and are as long as the stairs.

FLOORS

When you walk through a room, do you have to walk around furniture?

- Ask someone to move the furniture so your path is clear.

Do you have throw rugs on the floor?

- Remove the rugs, or use double-sided tape or a non-slip backing so the rugs won't slip.

Are there papers, shoes, books, or other objects on the floor?

- Pick up things that are on the floor. Always keep objects off the floor.

Do you have to walk over or around wires or cords (like lamp, telephone, or extension cords)?

- Coil or tape cords and wires next to the wall so you can't trip over them. If needed, have an electrician put in another outlet.

KITCHEN

Are the things you use often on high shelves?

- Keep things you use often on the lower shelves (about waist high).

Is your step stool sturdy?

- If you must use a step stool, get one with a bar to hold on to. Never use a chair as a step stool.

BEDROOMS

Is the light near the bed hard to reach?

- Place a lamp close to the bed where it's easy to reach.

Is the path from your bed to the bathroom dark?

- Put in a nightlight so you can see where you're walking. Some nightlights go on by themselves after dark.

BATHROOMS

Is the tub or shower floor slippery?

- Put a non-slip rubber mat or self-stick strips on the floor of the tub or shower.

Do you need some support when you get in and out of the tub, or up from the toilet?

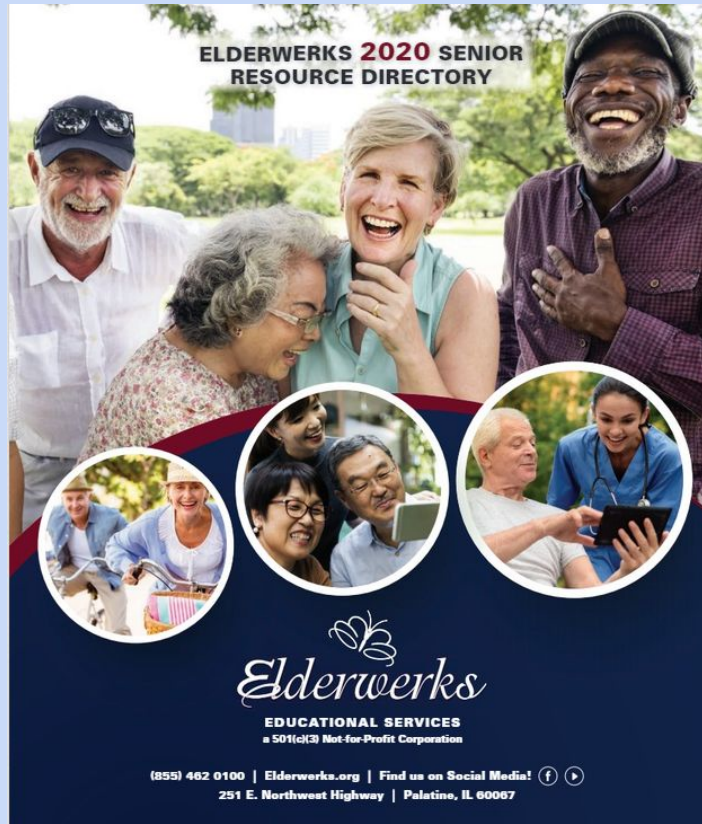
- Have grab bars put in next to and inside the tub, and next to the toilet.



Link to print out checklist

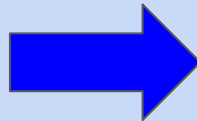


<https://www.cdc.gov/steady/pdf/STEADI-Brochure-CheckForSafety-508.pdf>



Check out this comprehensive **directory** of local and federal services, agencies & programs that support Seniors!

LINK to online version



<https://www.elderwerks.org/directory/index.html>

*What Seniors can do
themselves to
reduce the risk of
falling...*

What Seniors can do:

Exercise regularly.
Improving balance,
strength, and
flexibility reduce risk.

LINK to Senior exercise classes in McHenry County, Illinois:

<https://seniorservicesassoc.org/locations-over-view/mchenry-mchenry-county/>



What Seniors can do:

Take your time making transitions from sitting to standing. Going slowly, and taking more time to get balance before proceeding helps. Some medications may contribute to this issue. Check with doctor.



What Seniors can do:

Wear sturdy, well-fitting, low-heeled shoes with non-slip soles. These are safer than higher heels, thick-soled athletic shoes, slippers, or stocking feet.



What Seniors can do:

Be aware of uneven surfaces indoors & outdoors. Use only throw rugs that have rubber, non-skid backing. Always use hand rails if available. Be aware of uneven sidewalks and pavement outdoors. Ask someone to clear ice and snow from outside stairs and walkways.



What Seniors can do:

Keep stairs and walkways free of shoes, books, magazines, clothing, electrical cords, and other treasures. Consider moving furniture to allow for easier function with a walker. Clutter contributes to falling.



What Seniors can do:

Use non-slip mats in the bathtub and on shower floors. Have grab bars installed on the wall next to the bathtub, shower, and toilet. Wipe up spilled liquids immediately.



What Seniors can do:

Improve the lighting in and outside your home. Nightlights, especially between the bedroom and bathroom, are useful. Turning on lights before using the stairs is important. See an eye specialist - better vision can help prevent falls.



Resources



Centers for Disease Control and Prevention
CDC 24/7: Saving Lives, Protecting People™

<https://www.cdc.gov/steady/patient.html>



U.S. Department of Health & Human Services



National Institute on Aging

<https://www.nia.nih.gov/health/prevent-falls-and-fractures>

Room-by-room guide to eliminate the most causes of falls

<https://www.lifeline.ca/en/resources/reducing-falls-risk-home/>



National Council on Aging

<https://www.ncoa.org/healthy-aging/falls-prevention/preventing-falls-tips-for-older-adults-and-caregivers/6-steps-to-protect-your-older-loved-one-from-a-fall/>



NATIONAL FIRE PROTECTION ASSOCIATION

The leading information and knowledge resource on fire, electrical and related hazards

<https://www.nfpa.org/Public-Education/Teaching-tools/Remembering-When>



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