



FALL PREVENTION PROGRAM FOR SENIORS

Fall City Fire District 27 - Receives Grant Funds

Fall City Fire District 27 has an active Fall Prevention Program to assist Senior Citizens in the Community. For older adults who want to live independently and age in place; a fall can threaten that desire and is often seen as the beginning of a decline that will end with a nursing home admission. Each year approximately one third of adults aged 65 and older will fall. One in ten will suffer a serious injury such as a broken bone or head injury. Of those hospitalized for a hip fracture 40% never return home or live independently again, and 25% will die within one year. Falls remain the leading cause of injury death for older Americans.

Research has demonstrated that improving Home Safety - through Home Modifications as part of a comprehensive Fall Prevention Program helps reduce the chances of future falls. To achieve maximum impact, a multi-faceted approach in maintaining health, mobility, and independence should include Exercise, Medication Management, Vision Checkups, Home Safety Modifications and Working with your Healthcare Providers.

If you or a family member needs assistance to prevent fall injuries in the home, the Fire Department will come to your home and provide a free home safety assessment. This includes recommended practices for reducing the risk of falls, and if needed, installation of fall prevention devices such as grab bars, shower chairs, and more.

For a Free Home Safety Assessment please contact us at 425-222-5841.

Inspect your Home for Fall Risks

Bathrooms

- Only use non-skid rugs on the bathroom floor.
- Install wall grab bars by the toilet and inside the shower or tub area.
- Use a shower chair and handheld shower head.
- Place non-skid adhesive strips in the tub or non-skid mats.
- Install ADA height toilet (17"-19" from floor to seat).

Living Room & Bedroom

- Furniture should be easy for you to get in and out.
- Install night lights through out your home.
- Keep a flashlight or battery operated light near your bed.

Floors

- Remove throw rugs; use double sided tape under area rugs. Clear the clutter and other obstacles from your floors.
- Arrange furniture so that you have plenty of room to walk.

Steps & Stairways

- Steps and stairs should have handrails on both sides.
- Attach non-slip rubber treads to wooden stairs.
- Stairs should be well lit with light switches at the top and bottom landings.
- Fix loose and uneven outdoor steps.



Lighting

- Replace dim, burned out or glaring lights with bright soft white light bulbs.
- Place a lamp close to your bed where it's easy to reach.
- Long hallways should have light switches at each end.
- Use a night light to illuminate the path from your bed to the bathroom.

To Request a Free Home Safety Assessment for you or a family member contact us at 425-222-5841

>>> Join a Fitness Class <<<

Sno Valley Senior Center offers the following Programs:

- Enhance Fitness - MWF 8:00 - 9:15 & 9:30 -10:45 a.m.
- Gentle Chair Yoga - Thurs 9:00 -10:00 a.m.
- Wii Bowling - MWF 10:45 a.m.
- Zumba Gold - Tue & Thur 6:30 - 7:30 p.m.

More info - 425-333-4152 www.snovalleysejior.org

Mt. Si Senior Center offers the following Programs:

- Huff and Puff - MWF 9:00 -10:00 a.m.
- Line Dancing - Tue 11:00 a.m. -12:00
- SAIL Fitness - MWF 10:00 -11:00 a.m.
- Seniorcize - Tue,Thur 10:30 -11:30 a.m.
- Tai Chi - Thur 11:00 a.m.
- Yoga - MWF 11:00 a.m. - 12:00
- Wii Bowling - Tue 1:00 p.m.

More info - 425-888-3434 www.mtsi-seniorcenter.org

>> *Talk to your doctor before starting an exercise program*



Most Falls can be Prevented

By exercising, managing your medications, having your vision checked, and making your living environment safer are all steps you can take to prevent a fall.

Regular exercise can:

- Improve your muscle tone, strength and endurance.
- Increase your sense of balance, agility and confidence.
- Strengthen your bones to fight osteoporosis and resist injury. Increase your stamina and energy.
- Keep joints, tendons and ligaments more flexible for unrestricted movement.

Medication Management - Taking any medication may increase your risk of falling. Medications affect people in many different ways and can sometimes make you dizzy or sleepy. Talk to your doctor about side effects or interactions of your medications.

Vision Check - Vision is another key risk factor for falls. Have your eyes checked at least once a year and update your eyeglasses.