



FALL CITY FIRE DISTRICT 27 RECEIVES GRANT FUNDS FOR FALL PREVENTION

Fire District 27 has received grant funds from King Co. EMS to assist Senior Citizens in the Community Each year, more than 2.5 million older Americans go to the emergency room for fall-related injuries. Among older adults, falls are the number one cause of fractures, hospital admissions for trauma, loss of independence, and injury-related deaths.



Research has identified many conditions that contribute to falling. These are called risk factors. Many risk factors can be changed or modified to help prevent falls. They include:

- Lower body weakness.
- Difficulties with walking and balance.
- Vitamin D deficiency (that is, not enough vitamin D in your system)
- Vision problems.
- Use of medicines, such as tranquilizers, sedatives, or antidepressants, even some over-the-counter medicines can affect balance.
- Foot pain or poor footwear.

- Home hazards or dangers such as:
 - ⇒ Broken or uneven steps.
 - ⇒ Throw rugs or clutter that can be tripped over.
 - ⇒ No handrails along stairs or in the bathroom.

The Fire Department can provide fall prevention devices such as grab bars, shower seats, toilet risers, motion detected night lights and more. To Request a Free Home Safety Assessment which includes recommended practices for reducing the risk of falls for you or a family member 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 or non-skid mats in tub.
- 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 for use when the power goes out.

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.

>>> 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.snovalleyseior.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*



King County Fire District 27
4301 334th PL SE, Fall City, WA 98024
425-222-5841 www.king27fire.com