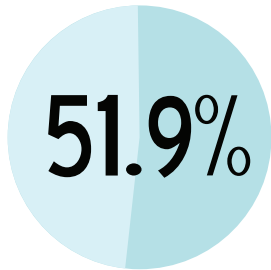


# Fall Prevention

## FALLS IN WI

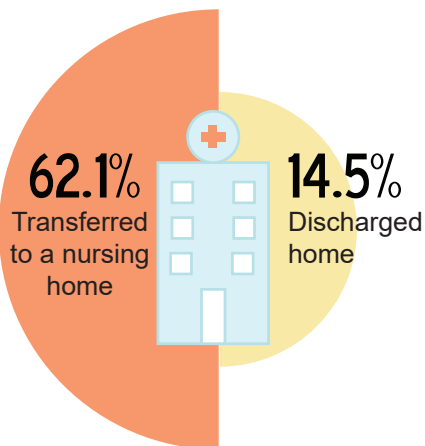


of all trauma cases in the Northeast Region are falls.



23  
FALLS/DAY

seen at 4 Green Bay  
Emergency Rooms



Discharge status of fall-related inpatient hospitalizations for persons 65+, 2014

## FALLS ARE PREVENTABLE

*Identify your risks and how you can eliminate them*

### Fall Risk Factors:

- Physical inactivity
- Loss of strength and balance
- Vision loss
- Medication side effects
- Fear of falling
- Social isolation
- Improper use of assistive devices
- Home and community hazards

### Types of Fall Risk Factors:

- **Physical Risk Factors** - Changes in your body that increase your risk for a fall
- **Behavioral Risk Factors** - Things you do or don't do that increase your fall risk
- **Environmental Risk Factors** - Hazards in our home or community

## EMS ARE HERE FOR YOU

- If you fall, don't delay in calling 911 as complications can occur that are not always visible
- EMS partner with community resources, such as ADRC and De Pere Health Department, to get you connected to resources
- Fall can be prevented at any age, help spread the word

## AREAS OF FALLS RISK

# Safety Wherever You Go

### IN YOUR HOME

- Trip hazards from throw rugs and electrical cords
- Grab bars in the bathroom
- An accessible phone
- Install adequate lighting at night and on steps
- Watch for pets under foot
- Don't try to carry too much to keep hands free
- Have a File of Life or medical information available for EMS
- Use hand rails

### IN YOUR GARAGE AND DRIVEWAY

- Plan ahead as to how you can call for help if a fall should occur - consider a car horn or cell phone
- When entering or exiting your car, keep your hands free and maintain 3 points of contact to avoid a slip
- When backing up a vehicle, alert pedestrians with your horn
- Learn about YakTrax for extra traction in snow and ice, or ask a neighbor for help



### NAVIGATING TO YOUR DESTINATION

- Carry your cell phone when another option to call for help isn't in reach
- Don't stop in roundabouts for emergency vehicles - go through, then pull over
- Avoid rushing and scan ahead for unexpected obstacles
- Carry adequate lighting (ie. flashlight) and wear reflective clothing in the dark
- Take caution on painted surfaces, they tend to get slippery when wet
- Choose paths (streets or sidewalks) with the least amount of hazards
- Ensure eye contact with a driver before crossing the street at intersections
- Ask for help or use an assistive device to aid in your navigation
- At store parking lots, use a shopping cart for extra stability
- Use a bag or backpack to keep your hands free when navigating on uneven ground, sidewalks, and going up and down stairs
- Walk like a penguin - widen your base of support when on uneven ground, uneven sidewalks, or slippery surfaces

### FOR MORE IDEAS & SOLUTIONS

Reach out to ADRC (920) 448-4300 or De Pere Health Department (920) 339-4054

## BROWN COUNTY PREVENTION COALITION

