

# Falls are not a normal part of aging.

## Fall Prevention

This resource guide provides helpful tips to prevent falls and serious injuries.

Falls are the leading cause of death for Ohioans over 65 and the number one cause of fatal and non-fatal injuries. Education and support can prevent many falls!

## Fall Risk Factors

The risk for falling and sustaining an injury increases with age. Some risk factors can be modified to decrease the risk of falling.

- History of falling
- Poor vision and Hearing
- Fear of falling
- Advanced age
- Physical inactivity
- Lower body weakness
- Home hazards
- Medications causing dizziness
- Difficulties with gait and balance
- Chronic conditions (arthritis, diabetes, stroke)



People Working Cooperatively's



## Whole Home Innovation Center

*Stepping On classes and in-home safety and modifications, assessments and contractors.* [www.wholehome.org](http://www.wholehome.org)  
(513) 482-5100

## Whole Home Falls Prevention Task Force

*Helping you stay aware, safe and educated.*  
[pwccincy.wixsite.com/fallprevention](http://pwccincy.wixsite.com/fallprevention)

## Council on Aging

*Older Adults Services*  
[www.help4seniors.org](http://www.help4seniors.org)  
(513) 721-1025

## United Way

*Referrals to community services*  
(513) 762-750 or call 211  
[uw211@uwgc.org](mailto:uw211@uwgc.org)

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Cincinnati, OH 45229  
(513)482-5100 • [info@wholehome.org](mailto:info@wholehome.org)  
[www.wholehome.org](http://www.wholehome.org)

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A resource for  
Fire & Emergency  
Medical Service  
(EMS) Agencies to  
intervene in response  
to in-home falls.

# Community Paramedicine & Fall Prevention

Fire and EMS agencies have a unique opportunity, through a social services-based Community Paramedicine program, to perform fall prevention efforts in the home where the majority of falls occur. For many agencies, falls are the number one reason people summon 911. Subsequently, implementing a fall prevention program, geared toward reducing the number of preventable and repeat falls, could be a benefit for any fire department or EMS agency.

Such a program should be comprised of the following elements:

- Post-fall home safety assessment
- Physical assessment
- Future fall prediction and risk assessment
- Home modification recommendations and referrals
- Fall Prevention Education classes
- Referrals to evidenced-based fall prevention programs
- Medication reconciliation



## Stepping On

**Stepping On is a falls prevention workshop designed for people 60 and up who live independently.**

According to research, attending Stepping On is proven to reduce falls by 30%.

Participants work with trained leaders who coach you to recognize your risk of falling and help you build the balance, strength and practical skills you need to avoid a fall. Gain the confidence to stay active in your community and do the things you want to do.

- Balance and strength exercises and how to advance exercises
- Home hazards and solutions
- Vision and Falls
- Community safety, getting out and about
- Shoe and clothing hazards
- Medication management, bone health, and better sleep
- Guest experts, such as physical therapists, pharmacists, housing experts and safety experts (often a firefighter/EMT)

**For more information about attending Stepping On, call Whole Home at (513) 482-5100**



## Matter Of Balance

**Matter of Balance classes** acknowledge the risk of falling but emphasize teaching you practical coping strategies to reduce this fear, promoting a view of falls and fear of falling as controllable.

This includes setting realistic goals for increasing activity, changing the environment to reduce fall risk factors and promoting exercises to increase strength and balance.

### Essential Program Components & Activities

- Group discussion
- Problem-solving
- Skill building
- Assertiveness training
- Exercise training
- Sharing practical solutions
- Cognitive restructuring

**For more information or to attend a Matter of Balance class call (513) 721-1025**

