

## Falls Prevention Resources

**Iowa Department of Public Health**  
[www.idph.iowa.gov/falls-prevention](http://www.idph.iowa.gov/falls-prevention)

**Centers for Disease Control**  
<https://www.cdc.gov/homeandrecationalsafety/falls/index.html>

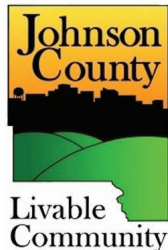
**National Council on Aging**  
[www.ncoa.org/healthy-aging/falls-prevention/](http://www.ncoa.org/healthy-aging/falls-prevention/)

**National Institute on Aging**  
<http://go4life.nia.nih.gov/>

### Local Contacts:

**Johnson County Visiting Nurse Association**  
Call 319-337-9686; Visit [www.vnaic.org](http://www.vnaic.org) or  
1524 Sycamore Street, Iowa City

**Johnson County Livable Community for Successful Aging.** Call 319-356-6090; Visit [www.LivableCommunity.org/FallsPrevention](http://www.LivableCommunity.org/FallsPrevention)  
email [johnsoncounty@livablecommunity.org](mailto:johnsoncounty@livablecommunity.org)



## Did You Know?

- Every 13 seconds, an older adult is treated in an emergency room for a fall-related injury.
- Every 20 minutes, an older adult dies from a fall.
- In 2015, the cost of falls to Medicare alone totaled over \$31 billion.
- Falls in adults aged 65+ are the leading cause of head injuries and broken hips.
- Fall-related injuries and deaths are on the rise in Iowa.
- For older Iowans, falls are the leading cause of injury-related deaths.

## 6 Proven Steps to Prevent Falls

1. Find a good exercise program that emphasizes balance and strength.
2. Talk to your health care provider about your risk for falls.
3. Review medications with your primary care provider or pharmacist.
4. Get your vision & hearing checked annually.
5. Keep your home safe.
6. Talk to your family members about preventing falls.

*~from the National Council on Aging*



*What do you give  
the person who  
has everything?*

**Give the gift  
of home safety!**

Practical gift ideas for older  
family members and friends

# So what gift do you give the person who has everything?

Does Dad really need another tie for Father's Day? Does Grandma really like that scarf you give her every birthday? This year consider giving a practical gift to your parents, friends, and loved ones—the gift of home safety. If you want to give a loved one a helpful gift that could prolong and enhance the quality of their life, consider the suggestions below.

## **\$** No-Cost Gifts

- Arrange to be a regular walking or exercise companion
- Help prepare and post emergency contacts and resource list
- Offer to change light bulbs or take trash to curb for the next year
- Help organize cabinets and closets so nothing is out of reach
- Add hooks for easy access to pots/pans
- Remove or tape down throw rugs and loose cords
- Help clear any clutter from pathways
- Place lamps close to bed
- Help dispose of expired medications
- Clean out gutters
- Download and use a home safety checklist [www.cdc.gov/steady/patient.html](http://www.cdc.gov/steady/patient.html)
- Provide transportation as needed
- Ask for a free SureSteps home safety assessment by calling 319-337-9686
- Browse free, evidence-based resources for exercise and physical activity for older adults by visiting [www.nia.nih.gov/exercise](http://www.nia.nih.gov/exercise)

## **\$\$** Low-Cost Gift Ideas

- Install sensor lights or night lights to improve lighting at night
- Glow-in-the-dark light switches
- Non-slip mats for bathtub or shower
- Install grab bars (mounted on the wall studs for strength) near toilet and tub or shower
- Raised toilet seat
- Improve lighting with new light bulbs
- A long-handled reacher
- Long shoe horn to assist getting shoes on
- A large shoulder bag or backpack to use for carrying laundry, etc.
- Pay for an exercise class that increases strength, balance, and flexibility
- Pay for grocery or pharmacy delivery service
- Pay enrollment fee for Stepping On, a 7-week workshop series where participants learn exercises and strategies to help prevent falls; register at <http://www.vnaic.org/fall-prevention>
- Install smoke and carbon monoxide detectors on every level

## **\$\$\$** More Costly Gift Ideas

- Hand-held adjustable shower head
- Bath chair to place in bathtub or shower
- Install high rise toilet
- Emergency preparedness kit
- Comfortable shoes just to wear at home, and workout/walking shoes for exercise (fasten to foot, non-slip soles, low heels)
- Install handrails on both sides of staircases
- Coffee maker with automatic shut off
- Pay for medical alert button
- Front door ramp
- Pay for portable or cell phone
- Install lever door handles

