



# **SENIOR FALLS IN GRUNDY COUNTY**

**GRUNDY COUNTY MISSOURI FALLS RISK COALITION.**

# What's The Big Deal?

- More than 1/3 of people over age 65 fall each year in the U.S.
- 15,800 people 65 and older died from injuries related to unintentional falls. (CDC 2005)
- About 1.8 million people 65 and older were treated in the ER for nonfatal injuries from falls, more than 433,000 of these patients were hospitalized. (CDC 2005)

# What's Going On In Missouri?

- Missouri Department of Health & Senior Services
- 4 pilot sites (Grundy County, Linn County, Clay County, Ripley County)
- Serve Link Home Care—lead agency for Grundy County

# Grundy County Leadership

- Serve Link Home Care
  - Home Health & In-Home Services
- Lifeline

# The Problem In Grundy County

- Grundy County fall injury rates are higher than Missouri's rates.
- In 2007, 29 people were hospitalized in Grundy County for hip fractures.
- In Grundy County during 1996-2006, there were nearly four-thousand emergency room visits resulting from falls and nine deaths.

# Grundy County Assets

- Wright Memorial Hospital  
(part of St. Luke's Health System)
- Senior Tax
- Senior Center
- Human Services Council  
(network of local human service agencies)
- Two nursing homes
- Senior housing

# Our Coalition Members

- Nursing Home
- Hospital
- Senior Center
- Ambulance
- City & County Officials
- Public Health Department
- Community College
- Ministerial Alliance
- Human Service Agencies
- Health Care Providers—Home Health Pharmacist, Physical Therapist, Nurse
- Community Volunteers

# Our Message

## VISION

- Grundy County—Free From Falls

## MISSION

- Committed Partners Working Together To Educate All Generations On Fall Prevention, Making Grundy County A Safer, More Caring Place To Live

## GOOD NEWS


- Falls Are Preventable. Falls Are Not An Inevitable Part of the Aging Process.

# Fall Prevention Tenets


- Education
- Home Safety
- Medication
- Vision
- Fitness and Balance

# Older Americans Month (May)

- Free Publicity Opportunities
  - Church Bulletins
  - Speaking (Rotary, Lions Club)
  - Proclamations (Photo Op)
  - Open Line
  - Volunteers At Area Stores



# Falls Prevention Awareness Day

- First Day of Fall
  - One of 22 Events Statewide
  - Safe and Not-So-Safe Rooms
  - Wii Fit Balance Games
  - Booths with information about Vision, Blood Pressure, Medication, Fitness
  - Live Radio Remote – Free Grilled Hot Dogs
  - 100 Attendees
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# What Else Happened

- Grant for Night Lights
- Post Office Fixed Sidewalk
- Gained New Coalition Members
- People Are Talking

# What Next

- Get Prevention Information To In-Home Caregivers, Healthcare Workers, & Families
- Sustain Coalition




# Big Dreams

- Volunteer Teams To Do Home Inspections
  - Recognition Program For Businesses With Safe Entrances and Public Areas
  - Resource List For Simple Home Repairs
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# Help Spread The Word

- Centers for Disease Control (CDC) Has Great FREE Brochures

<http://www.cdc.gov/HomeandRecreationalSafety/Falls/fallsmaterial.html>



**FOR MORE INFORMATION  
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