FALL PREVENTION AND SENIOR SAFETY
The Impact Of EMS On A National Problem

Asst. Chief Daniel Mack, NREMT-P
HOW BIG IS THE PROBLEM?

LATEST CDC STATISTICS

- One out of three adults age 65 and older falls each year
- Less than half talk to their healthcare providers about it
- Falls are the leading cause of injury death among adults 65 or older,
- Falls are the most common cause of nonfatal injuries and hospital admissions for trauma in adults 65 or older
RELATIONSHIP TO RACE AND ETHNICITY

LATEST CDC STATISTICS

- Older whites are 2.4 times more likely to die from falls as their black counterparts.
- Older non-Hispanics have higher fatal fall rates than Hispanics.
MIAMI TOWNSHIP STATISTICS

- 3,497 EMS Calls 2012
- 206 Dispatched As Falls (Geriatric)
  - 6% Of Total EMS Calls
- 45 Dispatched Initially As Lift Assist Only
- 14 Dispatched As Possible Critical Injuries
MIAMI TOWNSHIP FIRE & EMS
SENIOR PROGRAMS

- Multi-Faceted Program – Not Just Fall Prevention
- Started in 1992
- Coalition on Aging
- Captain Bob Burns and Firefighter/Paramedic Jim Petry
MIAMI TOWNSHIP FIRE & EMS
GATEKEEPER PROGRAM

- Organized Program Used To Identify At-Risk Seniors And Refer Them To Clermont Senior Services For Assistance
- Fire & EMS Employees Used As Problem Spotters
MIAMI TOWNSHIP FIRE & EMS GATEKEEPER PROGRAM

- Personnel Buy-In Critical
  - Field Paramedics And Firefighters Start Process
- Department Liaison
- Approximately 10 Referrals Per Year
- Approximately 230 Seniors Referred Over The Life Of The Program
GATEKEEPER PROGRAM

- Forms

MIAMI TOWNSHIP FIRE AND E.M.S.
GATEKEEPER OBSERVATION

Senior’s Name: __________________________
Date: __________________________

(CIRCLE THOSE THAT APPLY)

CONDITION OF HOME:
- Poorly Repaired Interior
- Exterior
- Little or No Food
- Strong Odors (Food, Pet, Hygiene, Gas, Odor)
- Many Pets
- Empty Alcohol Containers
- No Heat
- No Air Conditioner

PROBLEMS UNDERSTANDING:
- Confused
- Distracted
- Inappropriate Responses
- Forgetful
- Repetitiveness While Speaking

EMOTIONAL HEALTH/DEPRESSION:
- Does Not Care
- Wants To Die
- Threatening Suicide
- Reminiscing

SUBSTANCE ABUSE:
- Alcohol
- Drugs
- Medications

PHYSICAL LOSSES:
- Hearing Loss
- Sight Loss
- Chronic Illness
- Many Medications
- Problems With Moving
- Unable To Move

ECONOMIC AND SOCIAL PROBLEMS:
- Low Income
- Money Confusion
- Unable To Go Outside
- Lack Of Social Relationships
- No Family
- No Friends
- Stares No One Cares About Them

Additional Information:
- _____________________________________________________________
- _____________________________________________________________
- _____________________________________________________________
- _____________________________________________________________
- _____________________________________________________________
- _____________________________________________________________

MIFE&F Personnel Present: __________________________
___________________________  __________________________  __________________________

Date Printed 2004
GATEKEEPER PROGRAM

- Forms

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**MIAMI TOWNSHIP FIRE AND E.M.S.**

**GATEKEEPER REFERRAL**

**PLEASE ATTACH A RUN REPORT COPY TO THIS DOCUMENT**

Date: __________________________

Name of Referral: __________________________

Address: __________________________

Phone: __________________________

Relative/Contact: __________________________

Phone #: __________________________

MTF&E Personnel Present: __________________________

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**To Be Completed By The Program Coordinator**

Agency Referred To: __________________________

Name of Person Taking Referral: __________________________

Phone #: __________________________

Time Referred: __________________________

Date Referred: __________________________

Information:

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Program Coordinator __________________________

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HOME INSPECTIONS

- Systematic Approach

PREVENTING FALLS STEP BY STEP

Among older adults, falls are a leading cause for hospitalization and emergency care. Falls can lead to potentially severe injuries such as hip fractures and head traumas, and can even increase the risk of early death. During Falls Prevention Awareness Week, Amedisys® Home Health and Hospice offers the following tips to reduce the risk of falling so seniors can live healthier, more independent lives.

IN THE HOME:

- Know about any side-effects of medication that could potentially lead to a fall.
- Use non-slip rubber mats in the bathtub and shower.
- Keep your home well-lit, placing lights in hallways, stairwells, and bathrooms.
- Clean up spills once they happen.
- Use handrails on the stairway and in the bathroom.
- Clear walkways of clutter, electrical cords, etc.
- Get rid of throw rugs or use double-sided tape to secure them.

YOURSELF:

- Exercise to improve strength, balance, and coordination. Always check with your doctor before starting a new exercise routine.
- Wear sturdy shoes and/or non-skid socks.
- If you live in a region that gets wintery weather, consider putting special cleats on your shoes to prevent you for slipping on the snow and ice.

www.amedisys.com
Home safety checks offered

Older people urged to ask firefighters in
their homes for a free safety inspection.

By Law Moore
The Cincinnati Enquirer

MIAMI TOWNSHIP — The township’s Fire and EMS Department in Clermont County wants residents, especially those 55 and older, to invite fire personnel to their homes for a free safety inspection.

The Home Safety Check is designed to reduce hazards and prevent accidents.

“We’re trying to bring some awareness to the seniors,” said Jim Petry, a firefighter/paramedic who is organizing the program. “We want to see if they’ll let us in and look around the house and maybe change some things. Our goal is to get in and do a home safety check.”

A team of two firefighters in uniform would conduct the inspection, looking for such things as loose rugs, rickety staircases, extension cords that could cause someone to trip, overloaded outlets, storage areas around water heaters and fans, boxes, loose railings, no handrails and working smoke detectors.

The Red Cross is providing smoke detectors for homes that need one or have an inadequate number, said Mr. Petry. Fire officials say about 60 percent of residential fire fatalities are in homes without working detectors.

The point, say township officials, is that programs like this one make for a safer community.

“First, the transportation of the firefighters feels in real getting to know and reaching out and making a difference,” said Mary Makley Wolff, a township trustee. “These are preventive kinds of things, instead of always having to go out on an emergency.”

Mr. Petry said that is the first time the fire department is targeting senior citizens.

The department has done the home safety check program in the past, with mixed responses from some citizens. “Some people, especially seniors, are hesitant about having people come into their homes,” said Mr. Petry. “They never did too many.”

He said firefighters have handed out flyers and are beginning to spread the word in retirement communities in the area. “We’ve just recently been pushing this,” said Mr. Petry.

He said: “I just think the personal contact strengthens the community,” said Mr. Wolff. “You get a real sense that people are here to make sure everybody is safe and secure. It’s a small highlight of a vibrant, healthy community.”

To get more information call the fire department at 513-5708.
MIAMI TOWNSHIP FIRE & EMS
HOME SAFETY INSPECTIONS

- Checklists

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**MIAMI TOWNSHIP FIRE AND E.M.S.**
**HOME INJURY AND FIRE PREVENTION CHECKLIST**

<table>
<thead>
<tr>
<th>Item</th>
<th>Option 1</th>
<th>Option 2</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Are smoke detectors placed near bedrooms, away from air vents?</td>
<td>YES</td>
<td>NO</td>
<td></td>
</tr>
<tr>
<td>2. At least one detector on every floor.</td>
<td>YES</td>
<td>NO</td>
<td></td>
</tr>
<tr>
<td>3. Are batteries checked regularly?</td>
<td>YES</td>
<td>NO</td>
<td></td>
</tr>
<tr>
<td>4. Are small rugs and runners slip resistant?</td>
<td>YES</td>
<td>NO</td>
<td></td>
</tr>
<tr>
<td>5. Is there a rubber mat in front of stove to prevent slipping?</td>
<td>YES</td>
<td>NO</td>
<td></td>
</tr>
<tr>
<td>6. Fireplace, is it clean and free of debris?</td>
<td>YES</td>
<td>NO</td>
<td></td>
</tr>
<tr>
<td>7. Doors, hallways, and stairs clear of obstructions.</td>
<td>YES</td>
<td>NO</td>
<td></td>
</tr>
<tr>
<td>8. Are light switches within easy reach?</td>
<td>YES</td>
<td>NO</td>
<td></td>
</tr>
<tr>
<td>9. Are rooms and hallways well lit?</td>
<td>YES</td>
<td>NO</td>
<td></td>
</tr>
<tr>
<td>10. Are small stoves, kerosene or electric heaters, hot plates, ashtrays, and other smoking materials at least three feet away from materials that can catch fire?</td>
<td>YES</td>
<td>NO</td>
<td></td>
</tr>
<tr>
<td>11. Heaters unplugged after they are turned off.</td>
<td>YES</td>
<td>NO</td>
<td></td>
</tr>
<tr>
<td>12. No flammable liquids stored near ignition sources, and stored outside of house.</td>
<td>YES</td>
<td>NO</td>
<td></td>
</tr>
<tr>
<td>13. Electrical cords placed out of traffic areas and not frayed or cracked.</td>
<td>YES</td>
<td>NO</td>
<td></td>
</tr>
<tr>
<td>14. No electrical cords under rugs, over nails or near sinks, range, or wet areas.</td>
<td>YES</td>
<td>NO</td>
<td></td>
</tr>
<tr>
<td>15. No overloaded electrical outlets or cords.</td>
<td>YES</td>
<td>NO</td>
<td></td>
</tr>
<tr>
<td>16. Do all outlets have cover plates and no exposed wiring.</td>
<td>YES</td>
<td>NO</td>
<td></td>
</tr>
</tbody>
</table>

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KITCHEN

17. All fuses in box and correct size.                             | YES | NO |          |
18. Emergency numbers posted near Telephone.                      | YES | NO |          |
19. Are floors, steps and railings sturdy and secure?             | YES | NO |          |

BATHROOMS

20. Are towels, curtains, and other things that might catch located away from the stove/range? | YES | NO |          |
21. No small pans on large burners or large pans on small burners. | YES | NO |          |
22. No grease on stove or oven.                                   | YES | NO |          |
23. Are harmful products stored away from food products?          | YES | NO |          |
24. Consider use of step stool.                                   | YES | NO |          |

MEDICATION CONCERNS

25. Are medications in original containers or are they in seven-day plastic organizer or other dispenser? | YES | NO |          |
26. Are medications out of children's reach?                      | YES | NO |          |
27. Is client able to take and understand medicine according to prescription? | YES | NO |          |

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DEPARTMENT MEMBER SIGNATURE ___________________________  Date

HOME OWNERS SIGNATURE ___________________________  Smoke Detectors __

ADDRESS ___________________________  C.O. Alarms __
SIMPLE SOLUTIONS
RESIDENTIAL KNOX BOX PROGRAM

- Started 1995
- Loan Knox Boxes To At Risk Seniors
- 2 Knox Boxes Purchased Initially
- 72 Knox Boxes Currently In Use
- Waiting List
- Funding
IDENTIFYING KNOX BOX LOCATIONS

M - PROTOCOL
ALPHABETICAL
A E D’s
DEPARTMENTS
F D C
KNOX BOX
LANDING ZONES
NUMERICAL
PREMISE BOOK
RADIO CALLS
SPECIAL NEEDS
WATER LINES

KNOX BOX
BUSINESS
HOME
Ashby Court 5612
Ashby Court 5618
Ashby Court 5622
Beech Road 218
Branch-Hill Guinea Pike 6109
Branch-Hill Guinea Pike 6144
Carraway Lane 1067
Castlewood Crossing 5932
Catherine 6053
Cobble Stone # 204 1200
Forest Ridge Cir. 5440
Fox Run 1118
Garrett Drive 5533
Grist Mill 6003
Harvest Ridge Drive 5634
Ibold Road 560
Jerry Lee Drive 6076
Kay Drive 5611
Klondyke Road 1115
Larkspur Drive 5713
McClelland 772
Meadowcreek # 2 5979
Meadowview 5770
Mellie Ave 5680
Menno Drive 5668
North Shadow Hill Way 6219
Oakwood Drive 2122
Owl Ridge 22
Pleasant Hill Road WPPH 5694

ROYAL HILLS MHP
CLICK FOR TOPO
Royal Hills Village
826 S.R. 131
831-3636

Not To Scale
NOTE: There are NO # 34,35, 60, 61, 82
102, 103, 120 thru 130
ADDITIONAL SUPPORT SYSTEMS

- Family
- Personal Physician
- Adult Protective Services
FUNDING SOURCES / CHALLENGES

- Grants
  - Safety Grants
- Budget Line Item
  - Using Tax Money For Items To Give To Citizens
  - Smoke Detector Example
POLITICAL SUPPORT

- Assistance From Mary Makley Wolff
- Seniors And Voting History
NOT THE END...
BUT THE BEGINNING
OF A NEW JOURNEY