

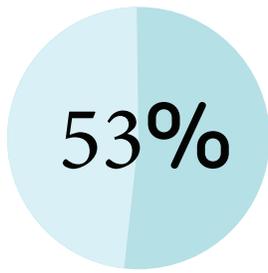


BROWN COUNTY FALLS PREVENTION PARTNERSHIP

Supported by: ADRC of Brown County, Aurora Bay Care Medical Center, Bellin Health, De Pere Health Department, Green Bay Metro Fire Department, HSHS St. Vincent Hospital, HSHS St. Mary's Hospital Medical Center, Fall Prevention Alliance of Northeast Wisconsin, Prevea Health, Northeast Wisconsin Regional Trauma Advisory Council

Preventing Falls

Local statistics:

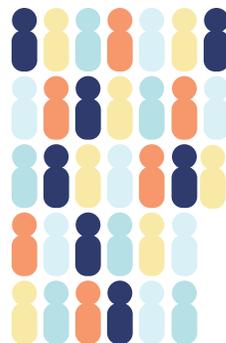


53%
of all trauma cases in the Northeast Region are falls.



1 in 4 age 65+ fall each year

Fall once? You are 2 or 3 times more likely to fall again



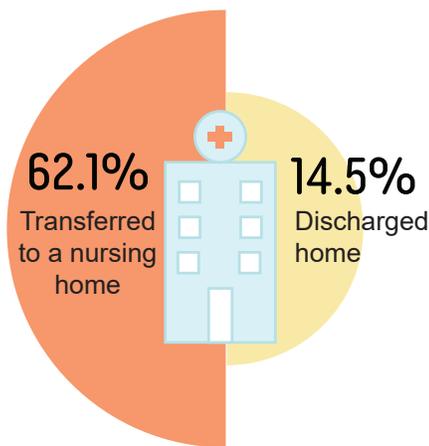
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FALLS/DAY

reported by Brown County ERs, hospitals, & local EMS. Excludes Urgent Care & Clinic settings.



Half of age 80+ fall each year



62.1%
Transferred to a nursing home

14.5%
Discharged home

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

AREAS OF FALLS RISK

What can I do to eliminate my falls risk?

- Find a good balance and exercise program. Look to build balance, strength, and flexibility. Find a program you like and take a friend.
- Talk to your health care provider. Ask for an assessment of your risk of falling. Share your history of recent falls.
- Regularly review your medications with your doctor or pharmacist. Make sure side effects aren't increasing your risk of falling. Take medications only as prescribed, and ask if this is still an appropriate dose as you age.
- Get your vision and hearing checked annually and update your eyeglasses. Your eyes and ears are key to keeping you on your feet.
- Keep your home safe. Remove tripping hazards, increase lighting, make stairs safe, and install grab bars in key areas. Assess your clothing for untied shoes, slippery shoes and loose clothing.
- Talk to your family members. Enlist their support in taking simple steps to stay safe. Falls are not just a senior's issue.

IF YOU have fallen

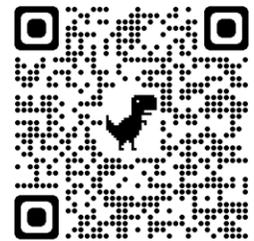
- Assess how it happened?
- How can I avoid it?
- How can I change this from happening again?

Identify Today

- Where can I reduce my risk or that of a loved one?

Listen to

An important message from Dr. Kyle McCarty, Emergency Room Physician, St Vincent Hospital.



Scan with your smartphone camera!

For More Fall Prevention Ideas & Solutions

Reach out to ADRC (920) 448-4300. 300 S Adams Street, Green Bay. Scan the QR code to the right with your smartphone camera for more!

