

NAPA FALL PREVENTION *Coalition*

SUPPORTING FALL PREVENTION FOR NAPA VALLEY'S SENIORS

Area Agency on Aging serving Napa & Solano Counties

Foundation for Osteoporosis Research & Education

Napa Valley Hospice and Adult Day Services

Joyful Body Fitness for Senior Exercise

Kaiser Permanente

Latino Elder Coalition

Napa Long Term Care Ombudsman

Napa Transportation Planning Agency

Napa Valley Physical Therapy Center

Napa Valley Medical Group

Piner's

Queen of the Valley Medical Center

St. Helena Hospital

Volunteer Center of Napa Valley

Veteran's Home of Yountville, CA

The Eye Works

Napa County Health & Human Services

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County of Napa and Archstone Foundation

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California Fall Prevention Center of Excellence



STOP FALLS *Napa Valley*

If you are at risk for falls or have fallen...

If you know someone who is at risk for falls...

If you would like to learn more about
preventing falls...

If you would like to volunteer, join the
StopFalls Coalition, or receive training...

Please call StopFalls Napa Valley.



707.255.5328

Or visit our website at
www.StopFallsNapaValley.org

Stop Falls. Stay Independent.



SAFE STEPS TO FALL PREVENTION

707.255.5328
www.StopFallsNapaValley.org

A program of the Area Agency on Aging
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STOP FALLS Napa Valley



PURPOSE

- Prevent falls among older adults
- Support older adults to maintain strength, independence and quality of life

WE BELIEVE FALLS CAN BE PREVENTED

Falls are most often caused by

- environmental factors
- gait and balance disorders
- medical issues

Fall risk assessment and intervention programs can prevent falls and injury

INVOLVE THE COMMUNITY

- Promote healthy lifestyles including access to physical activity for all ages and abilities
- Improve community safety and walkability
- Implement institutional policies for falls risk assessment
- Create safe home and community environments
- Assure post-fall interventions

WHAT WE DO

Educate the Community About Falls Prevention through...

- Media
- Community events
- Fall prevention materials
- Community education and screening

Promote Physical Activity to Improve Balance and Mobility through...

- Resource and referral lists
- Community physical activity events
- New programs for frail and isolated seniors

Conduct Falls Risk Assessments and Follow-up with Older Adults

- Work with hospitals, providers and first responders to identify older adults who have fallen or are at risk
- Develop plans to reduce risks, refer and follow-up

HOW YOU CAN HELP

Five things you can do to prevent falls...

- Improve your balance with exercise and strength training
- Have regular vision and hearing checks
- Have your doctor regularly check all the medicines you are taking
- Check your home for fall safety
- Ask your doctor if you are at risk for falling

Provide Home Safety Assessments and Improve Access to Affordable Home Modification

- Conduct onsite home safety assessments
- Refer for home modification services and products

Offer Training for Organizations, Facilities & Institutions

- Training for trainers
- Fall prevention best practices

Advocate for Change

- Public and Institutional Policies
- Access-Able Transportation
- Coordination among providers