

Older Adult Falls Coalition

Union County, Ohio



SLIPS Program

Seniors Living IndePendently & Safely



What is the SLIPS mission?



Prevent falls among Union County seniors (ages 60+) through home assessments and modifications.

Help seniors **maintain independence** in their home.

How does SLIPS work?

Union County seniors are able to call and schedule a free **falls risk assessment of their home.**

Trained volunteers visit seniors' homes and complete the home assessment.

The home assessments are completed using the **home safety checklist.**

UNION COUNTY SLIPS HOME SAFETY CHECKLIST: Helping seniors maintain independence in their homes.

Resident Name:		Resident Phone:	
Resident Address:			
Reviewer:		Agency:	
I understand and agree that the sole purpose of this program is to help reduce the incidence of falls; that this assessment is being provided as a free educational service to me; that this program cannot fully evaluate the quality, safety, or condition of my home; and that this program cannot guarantee my safety in or around my home. For these reasons, I hereby release the Union County Health Department, Union County Senior Services, any other agency and/or organization performing this assessment, and any of their divisions, subsidiaries, employees, agents, successors, and other operating entities from any present or future liability for any injuries or damages that may result from a fall within or around my home.			
Resident Signature:		Date:	
<input type="checkbox"/> I am interested in learning about additional services offered through Union County Senior Services.			
Outdoor Areas:	Yes	No	Comments/Recommendations
Is the path from the house to the garage well-lit?			Install solar lights.
Are the front steps even, secure, and in good repair?			Repair steps.
Is the handrail on the stairs secure and in good repair?			Repair handrail.
Is there a secure ramp (if necessary)?			Install ramp.
Are there trip hazards on the walkways?			Remove hazards.
Living Areas:			
When you walk through the room, is there a clear, wide path?			Move furniture.
Are throw rugs secured to the floor?			Use non-slip backing.
Can you answer the phone without getting up?			Move to living area.
Is the floor free of clutter and trip hazards?			Remove clutter.
Can you pull cords to lights or ceiling fans without a step stool?			Use cord extenders.
Are wires or cords pushed up against the wall?			Coil cords against wall.
Are there pets in the home?			Attach a bell to collar.
Stairs:			
Are the stairs free of clutter and trip hazards?			Remove clutter.
Are the stairs even, secure, and in good repair?			Repair stairs.
Is the stairway well-lit?			Install overhead lighting.
Is the carpet on the stairs secure?			Reattach or install treads.
Is the handrail on the stairs secure and in good repair?			Repair handrail.
Kitchen:			
Are regularly used items within reach (not too high or low)?			Rearrange items.
Are light switches within reach?			Move switches.
Are throw rugs secured to the floor?			Use non-slip backing.
Is the step stool secure and in good repair?			Replace step stool.
Bathrooms:			
Is the tub or shower floor slippery?			Use mat or treads.
Are bath mats/throw rugs secured to the floor?			Use non-slip backing.
Are there grab bars near the toilet and shower (if necessary)?			Install grab bars.
Is there a raised toilet seat or shower seat (if necessary)?			Install seat.
Bedrooms:			
Is the light nearest the bed within reach?			Move lamp/furniture.
Is the floor free of clutter and trip hazards?			Remove clutter.
Is the path from the bed to the bathroom well-lit?			Use nightlight.
Modifications made at time of assessment:			
Additional modifications recommended:			
<input type="checkbox"/> Family member/other source will coordinate additional modifications.			
<input type="checkbox"/> Request Senior Services to coordinate additional modifications. Follow-up notes:			

Home Safety Checklist

Carbonless copy

Includes option for seniors to request other services from Union County Senior Services

Includes option for family member/other source to handle coordination of additional modifications

How does SLIPS work?

The checklist identifies **changes the senior can make** to their home such as securing throw rugs or moving furniture.

The checklist identifies **modifications** that need to be made such as the installation of grab bars in the bathroom.

How does SLIPS work?

Completed home safety checklists are submitted to **Union County Senior Services** immediately following the home assessment.

Union County Senior Services arranges for a contractor to make home modifications at **no expense** to the senior.

What is brought to a visit?

SLIPS Volunteer Kits

- **Clipboard/pens**
- **Home safety checklists**
- **Educational materials for seniors**
- **Folder with additional resources**



All products pictured can be purchased locally at a home improvement or general merchandise store.



Home Safety Products for Fall Prevention

Bathrooms

Put a bath mat or adhesive bath treads in the tub or shower. Attach a safety rail to the edge of the tub or use wall-mounted grab bars. Use throw rugs with non-slip backing.



Kitchen

Use a "lazy susan" and install pull out cabinet organizers so frequently used items are within reach. Use a sturdy stepstool with a handle.



Bedrooms

Plug a nightlight in the outlet closest to the door. Wear slippers with rubber soles and a closed heel. Keep a lamp within reach of the bed.



Living Areas

Apply an adhesive rug grip to all area and throw rugs. Replace the home telephone with a cordless model. Use a cord organizer for all electronics.



Outdoor Areas

Use doormats at all entrances. Put in solar garden lights along walkways. Put rubber treads on outdoor stairs.



Educational Materials

Home Safety Products for Fall Prevention

Fall Prevention and Pets

YMCA Silver Sneakers

Senior Centers Exercise Schedules

Union County Senior Services Overview

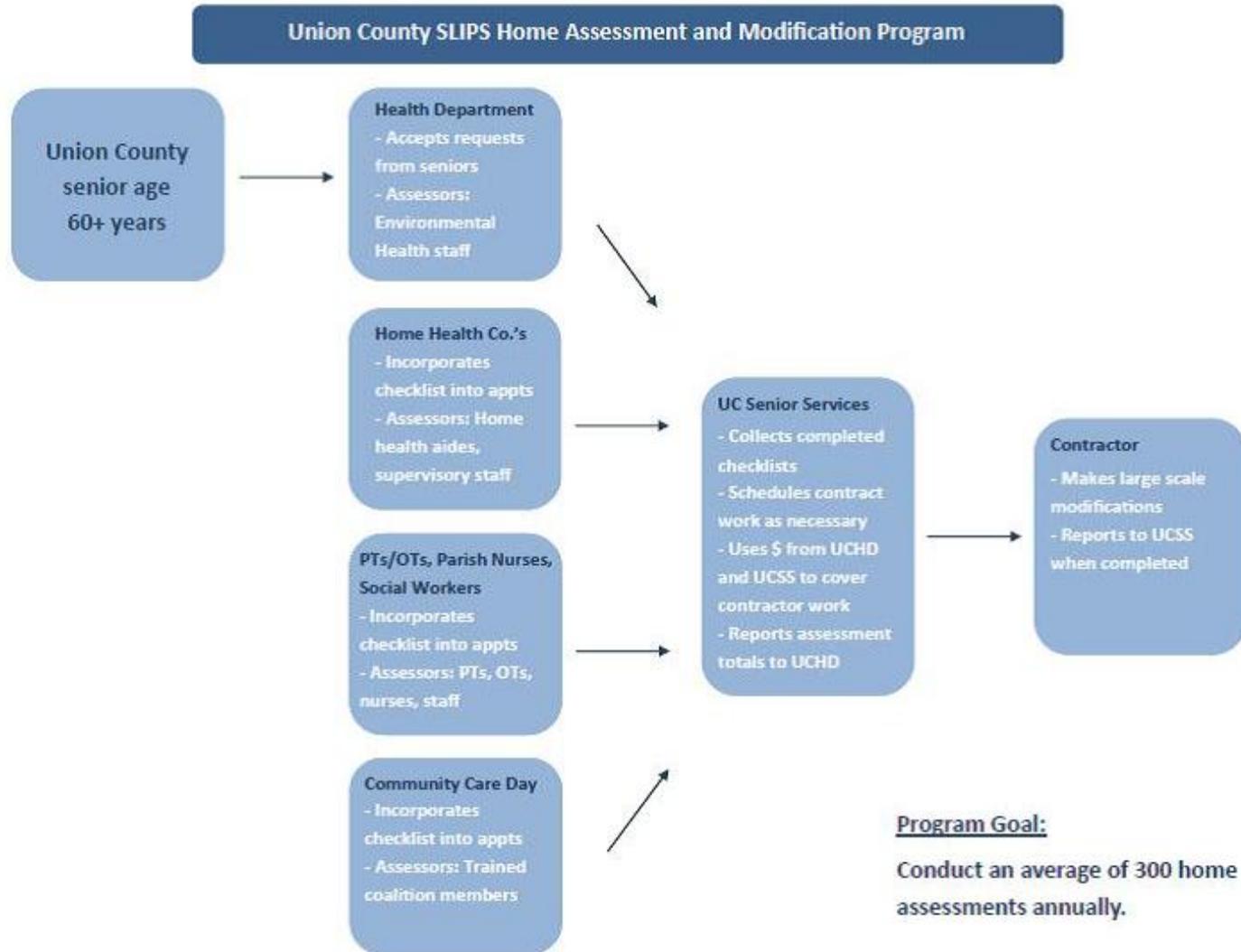
What is done after the visit?

Completed home safety checklists are submitted to **Union County Senior Services**.

If additional modifications that require the work of a contractor are needed, Union County Senior Services handles the next steps.

Copies of the completed checklists are maintained by Union County Senior Services.

Who are SLIPS partners?



How are partners trained?

Hour-long trainings are required for all SLIPS volunteers.

Community Care Day serves as an annual training opportunity for volunteers.

Union County SLIPS Program

The Union County Older Adult Falls Coalition partnered with the annual United Way's Community Care Day to launch the fall prevention home assessment program, SLIPS. SLIPS, Seniors Living Independently & Safely, is a free service for Union County seniors, ages 60+ years. Through this service, trained volunteers visit seniors' homes and identify ways to reduce fall risk and improve safety. SLIPS was kicked off on May 20, 2014 across Union County.

By the Numbers

23

Volunteers
Recruited

3

Trainings
Held

36

Homes
Visited

25

Modifications
Recommended

Each volunteer received a packet of SLIPS materials to use on the home assessments. Packets included the Home Safety Checklist, handouts on fall prevention home safety products, tips for staying safe around pets, exercises to do at home, and information on other services available for seniors.



Coalition members, Brenda Rock and Tonya Brooks, visit with Mary Scheiderer of Marysville and conduct a falls assessment of her home. After the visit, recommended modifications such as the installation of grab bars in her bathroom will be provided at no charge.



Dave Bezusko of United Way of Union County visits with Scheiderer and reviews the outcome of her home assessment.



This work is funded either in whole or in part by a grant awarded by the Ohio Department of Health, Bureau of Healthy Ohio, Violence and Injury Prevention Program and as a sub-award of a grant issued by the Centers for Disease Control and Prevention (CDC), Preventive Health and Health Services Block Grant under the grant award number 3B01DP009042-13S1 and CFDA number 93.991.



Community Care Day

Partnership with United Way of Union County

10 teams of 2-3 volunteers

Conducted 36 home assessments

Recommended 25 follow-up modifications

Will serve as annual training opportunity

Exercise Interventions

Matter of Balance and Tai Chi



How is Matter of Balance offered?

2 Trainers and 2 Master Trainers offer quarterly classes through Heartland of Marysville.

3 sets of coaches are being recruited to offer classes through the senior centers in the future.

How is Tai Chi offered?

Partnership was established between YMCA, Union County Senior Services, and senior centers.

Exercise classes are offered at least 2x per week by YMCA group exercise instructors.

Exercise equipment was purchased for each senior center by Union County Senior Services.

How is Tai Chi offered?

10 instructors were trained in Tai Chi.

Tai Chi will be offered weekly at multiple sites across the county including:

- All senior centers (**3** sites)
- YMCA (**1** site)
- Memorial Hospital Health Center (**1** site)
- Assisted living facility (**1** site in works)