

# Clermont Senior Safety



**CLERMONT COUNTY GENERAL HEALTH DISTRICT**

2275 Bauer Road

Batavia, Ohio 45103-1930

<http://www.clermonthealthdistrict.org>

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# Clermont Senior Safety Program



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The Senior Safety Program is open to all Clermont County residents over the age of 65 and there are no income guidelines to be eligible.

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# Funding

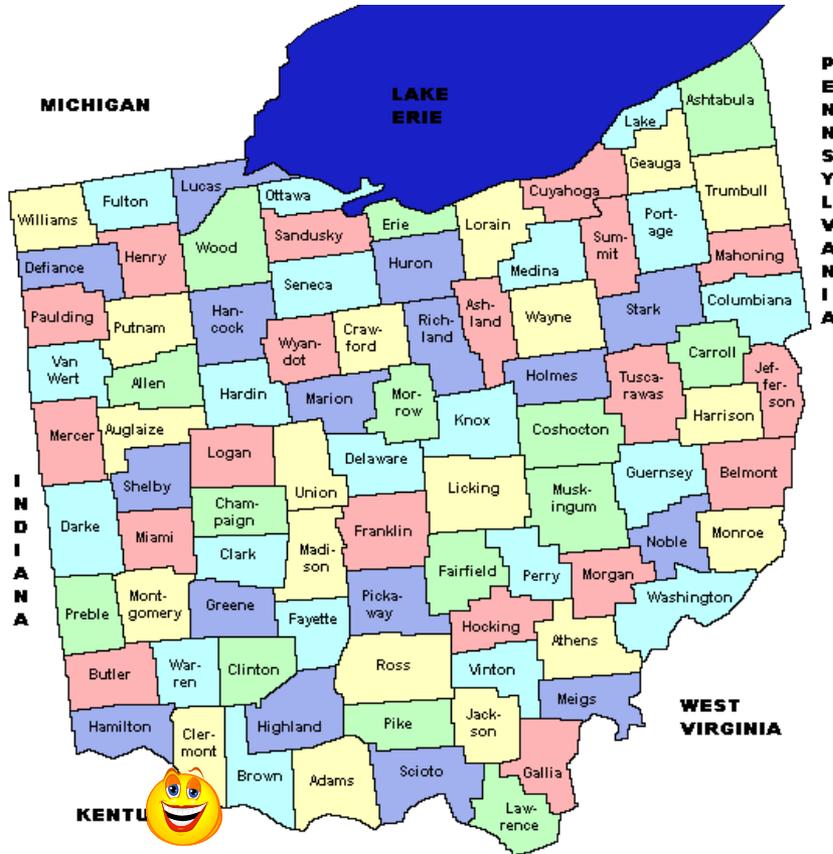
- Clermont County Senior Safety Program is funded by the Preventive Health and Health Services Block Grant from the Centers for Disease Control and Prevention (CDC) and administered by the Ohio Department of Health, Bureau of Health Promotion & Risk Reduction, and Injury Prevention Program.
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# Clermont Senior Safety

- Community partnerships with Senior Safety Coalition
  - FD/EMS or Police Dept. home safety checks
  - Clermont Senior Services Home Repair Program
  - Program Promotion
  - Health Presentations
  - Process to track and identify trends and target certain populations for interventions
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# Clermont County



## 2010 Clermont County

Area : 451.99 sq mi

Population:

Total-197,363

Over 65 yr-11.5%

# Ohio State Top Five EMS Calls

**2006**

Injuries	172,196
General Illness	126,194
Cardiovascular/Circulatory	93,421
Respiratory	67,618
Musculoskeletal Injury	64,362
<b>2006 Clermont Total</b>	<b>16,589</b>

**2007**

Injuries	173,938
General Illness	121,170
Cardiovascular/Circulatory	90,110
Respiratory	66,550
Musculoskeletal Injury	62,189
<b>2007 Clermont Total</b>	<b>16,953</b>

# Senior Safety Team Members

- Senior Safety Coalition



- Home Safety Inspectors



- Clermont Senior Services Home Repair Program



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# Senior Safety Coalition

- Focuses on the needs and services for the older adults.
  - Members share information about their own agencies, give feedback on projects and help solve problems presented to the group.
  - Meets quarterly.
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## Partner with other agencies:

- Clermont Senior Services
  - Clermont County Community Services
  - Cincinnati Association for the Blind and Visually Impaired
  - Cincinnati Speech, Hearing and Deaf
  - Clermont Recovery Center
  - OSU Extension Office
  - Adult Protective Services
  - Cincinnati Red Cross
  - Mercy Clermont Hospital
  - Mental Health & Recovery Board
  - Home Health agencies
  - PASSPORT
  - 15 FD/EMS
  - Department of Public Safety
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# Home Safety Checks

Home safety checks for older Clermont County adults are performed by volunteers that assist a senior in remaining independent in their home.

- Training Manual was developed and local Fire / EMS were instructed. Staff turn over requires re-training by peer or safety officer.
  - Along with the FD/EMS safety professionals, home visiting nurses and social workers perform home safety checks.
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# Home Safety Checklist

## ■ Living Areas

- Are lamp, extension, and telephone cords in good condition?
- Are emergency numbers posted on or by the telephone?
- Is there a portable telephone nearby?
- Are smoke detectors properly located and checked regularly?
- Do extension cords carry more than their proper load?
- Are all cords stored out of the flow of traffic?
- Are the floors free of throw rugs and loose carpeting?
- Do all outlets and switches have cover plates?
- Are light bulbs the appropriate size and type for lamp fixture?
- Is there a carbon monoxide detector?
- Are hall ways, passage ways and exits kept clear?
- Are flammable and combustible products stored away from heat sources?
- **Kitchen Area**
- Are towels and curtains stored away from the stove?
- Are short or close fitting sleeves being worn during cooking?
- Are electrical cords stored away from sink and stove areas?
- Is there good lighting over kitchen work areas?
- Are frequently used items within easy reach?

## ■ Bathroom

- Are bathtubs and shower areas equipped with non-skid mats?
- Is the water temperature 120° F or lower?
- Is the light switch located near the entrance to the bathroom?
- Are electrical appliances unplugged?

## ■ Bedrooms

- Do closet doors open and close easily?
- Is there a flashlight near the bed?
- Are lamps or light switches within reach of the bed?
- Is there a telephone located close to the bed?

## ■ Basement/Garage/Workshop/Storage Areas.

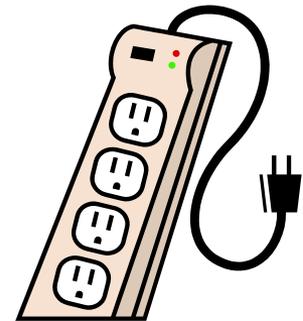
- Are work areas well lit?
- Are light switches located at the entrances?
- Are basement steps in good condition and free of clutter?

## ■ Personal

- Do you visit your doctor regularly?
- Do you participate in exercise regularly?
- Do you get your vision checked regularly?
- Are medications stored in original pharmacy containers and clearly marked?
- Do you eat a balanced diet?
- Do you get enough rest?
- Do you wear fastened, well- fitting, skid-proof shoes?

# Home Safety Tool Kit

- Dawn to dusk night lights
- Flashlights
- Pill reminders
- Pill cutters
- Surge protectors
- Emergency medication list & Falls Free Plan
- Nightlights
- Home safety forms
- Clermont Senior Resource list
- Brochures about fall prevention and fire safety



# FD/EMS –Home Safety

- Identified as home safety professionals and trusted.
- As first responders they are most familiar with fall injuries.
- FD/EMS can provide fire safety items i.e.. smoke detectors, carbon monoxide detectors and batteries free from the American Red Cross.



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# Home Safety Check Benefits for the older Adults

- Opportunity to meet the EMS personnel before an emergency
  - Time for medical history and medication review identifying possible concerns
  - Home safety and environment issues are addressed and modifications suggested.
  - Fire safety, exit plans and fire devices checked
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# Home Safety Check Benefits for the FD/EMS

- FD/EMS establish community relationship with seniors and their families
  - Teachable moment for risk behaviors
  - Corrected hazards will prevent injury
  - Reduce number of lift assist and fall calls
  - Become familiar with residence, environment, household members and pets
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# Community Service Senior Chore

- Install grab bars provided by the Health District and other safety devices i.e., shower seats, hand held showers.
  - Refer to the program when doing other household chores, i.e. cleaning gutters, weatherization, and minor repairs. Sometimes perform home safety checks to avoid duplication of services.
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# Tips To Start a Program

- Listen to the older adult, the care providers and the health care professionals.
- Promote the program emphasizing the benefits for the older adults not the service provided.
- Provide more than one service together for their convenience.



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# Program Promotion

- Personal referrals
  - County Fair, School Health Fairs, Senior Health Fairs
  - Summer Church Festivals
  - Fire Department events
  - Village parades
  - Mailings to Health Care Providers, Faith Based groups, Rehab Centers, senior apartment managers
  - Newspaper articles coordinating with safety months and Fall Prevention week
  - Libraries
  - CCGHD website
  - Monthly safety newsletters
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# EMS letter to older adults

▶ **Did you know that one out of every three adults over the age of 65 will fall in Clermont County this year?**

You are now one of the three older adults who have suffered a fall. Each year many older adults are injured in or around the home. Most home injuries are the result of hidden hazards that are easily overlooked but easy to fix. By identifying these hazards and taking steps to correct them, many injuries might be prevented. The three leading causes of in-home injuries for seniors have been identified as falls, fires and medication interactions. You can receive free help from the Clermont County Senior Safety Program to help prevent another fall in your home.

▶ **What is the Clermont County Senior Safety Program?**

The Clermont County Senior Safety Program was created by the Clermont County Senior Safety Coalition to help seniors reduce the risk of injury. The Senior Safety Program offers free home safety checks to help identify potential in-home safety hazards.

▶ **Who does the home safety check?**

The home safety check is scheduled by your neighborhood Fire/EMS department who are the trained safety professionals. On completion of the home safety check you may receive some free safety items like smoke detectors, batteries and if needed a grab bar and installation.

▶ **Who sponsors this free service?**

Your local Clermont County General Health District administers the Senior Safety program and it is funded by the Preventive Health and Health Services Block Grant from the Center for Disease Control.

▶ **How do I get a home safety check?**

To schedule a home safety check or for more information, please call:

**Denise Franer RN**  
**Clermont County General Health District**  
**Nursing Division**  
**513-735-8400**

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# Health Education Presentations

Personal strengthening, weight bearing, walking

Medication Management

Vision Health

Safe Home Environment

Fire Safety

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# Sample personal invite

- Who:** You are invited
- What:** To come and play Safety Bingo
- Where:** at Steamboat Trails
- When:** Friday, January 25 at 1:30 PM
- Why:** To win prizes and learn safety tips

Sponsored by the Senior Safety Program  
of the Clermont County General Health District  
and funded by the ODH Injury Prevention Program

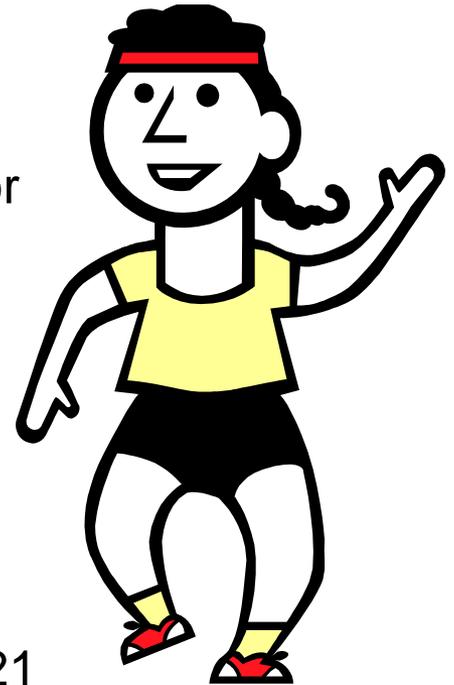
For more information call Denise Franer RN 735-8421



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# Sample Personal Invitation

- Who: You are invited
- What: Exercise with Vikki, Clermont YMCA instructor
- Where: Union Twp. Civic Center
- When: Friday, March 28 at 1:30 PM
- Why: To exercise and strengthen legs
- For more information call Denise Franer RN 735-8421  
Senior Safety Program of the Clermont County General Health District  
and funded by the ODH Injury Prevention Program



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# Medication Education

+ Medication list + Inappropriate Drug list +  
Pharmacist



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Medication- Related Fall Prevention Project



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# Vision Education

- Vision impairments contribute to balance problems and falls in the elderly.
  - Rehabilitation teaching prepares people who are blind or visually impaired to carry out activities of daily living safely and efficiently.
  - Rehabilitation teaching is tailored to individual needs and may involve instruction in adaptive techniques.
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# Visual impairments

Macular degeneration



Diabetic retinopathy



Glaucoma



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# Foot Health Education

- Falls in older people are a major public health problem, and there is increasing evidence that foot problems and inappropriate footwear increase the risk of falls : J Am Podiatr Med Assoc. 2007 Sep-Oct;97(5):377-84.
  - Podiatrist to talk about good foot health, proper shoes, exercise and walking gait.
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# Health Presentation

- Risky Business Presentation.

Home Safety and Fall  
Prevention videos



Senior Safety.....

Bingo !



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# My Falls Free Plan

- [http://www.agingwashington.org/events/061307/falls\\_handout4.pdf](http://www.agingwashington.org/events/061307/falls_handout4.pdf)

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# Senior Safety Summary

- Community partnerships with Senior Safety Coalition
  - FD/EMS home Safety checks
  - Community Service safety devices installed
  - Program Promotion
  - Health Presentations
  - Statistics to track progress, identify trends and target certain populations for interventions
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# Data Collection

- Monthly Data Collection from all agencies providing home safety inspections to quantify the number of safety checks performed.
  - Monthly data from Clermont County Senior Services on the number of grab bars installed, safety aids distributed and home safety inspections performed to quantify the number of seniors needing home safety aids and safety checks performed by Community services.
  - Monthly data from 911 Dispatchers on the number and demographics of senior-in-home falls to identify target populations.
  - Annual data from the state collected information from the county EMS departments
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# Clermont County

2006

Total EMS Calls	16,589
Falls over 65 years of age	5057

2007

Total EMS Calls	16,953
Falls over 65 years of age	5137

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# 2006 Clermont Breakdown for falls over 65 years of age

Agency	% pop >65	total falls	% falls >65	male	female	home	public	res inst	trans	checks
Bethel	10%	428	44%	182	246	69	17	0	318	17
Central	8%	444	29%	163	281	304	36	84	346	26
Felicity	9%	102	24%	28	74	0	0	0	81	3
Goshen	7%	420	37%	167	253	364	21	35	320	12
Loveland	9%	20	12%	5	15	15	4	1	19	0
Miami	9%	876	28%	324	552	578	69	187	714	44
Milford	21%	520	39%	124	396	457	36	27	339	0
Monroe	7%	216	36%	91	125	209	7	0	168	1
New Richmond	9%	111	22%	48	63	76	10	22	71	6
Pierce	8%	313	30%	109	204	294	19	0	234	11
Stonelick (Jackson)	10%	164	19%	68	96	26	4	0	132	0
Union	9%	1050	27%	359	681	700	157	80	781	36
Washington	7%	94	49%	28	66	90	3	0	74	1
Wayne	7%	36	9%	11	25	35	1	0	36	2
Williamsburg	9%	219	43%	79	140	181	26	3	177	7
<b>Total</b>		<b>5013</b>		<b>1786</b>	<b>3217</b>	<b>3398</b>	<b>410</b>	<b>439</b>	<b>3810</b>	<b>166</b>

# 2007 Clermont Breakdown for falls over 65 years of age

Agency	% pop >65	total falls	% falls >65	male	female	home	public	res inst	trans	checks
Bethel	10%	373	39%	132	233	72	12	0	265	4
Central	8%	461	30%	173	288	345	24	73	352	9
Felicity	9%	132	31%	3	129	0	0	0	119	1
Goshen	7%	517	45%	197	320	452	20	18	408	3
Loveland	9%	24	14%	9	15	13	1	2	14	0
Miami	9%	987	31%	366	621	696	63	175	804	24
Milford	21%	438	33%	128	310	362	33	18	302	3
Monroe	7%	150	25%	54	96	146	0	0	113	1
New Richmond	9%	125	25%	60	65	111	2	7	77	2
Pierce	8%	254	24%	101	153	237	9	0	196	4
Stonelick	10%	198	23%	45	153	182	2	7	137	1
Union	9%	1108	29%	383	825	744	131	86	865	8
Washington	7%	68	35%	33	35	53	1	0	55	0
Wayne	7%	16	4%	7	9	16	0	0	16	3
Williamsburg	9%	223	43%	78	145	171	5	15	175	4
<b>Total</b>		<b>5074</b>		<b>1769</b>	<b>3397</b>	<b>3600</b>	<b>303</b>	<b>401</b>	<b>3898</b>	<b>67</b>

# How Clermont County Numbers Compare

## ■ CDC

- 1 in 3 people >65 fall annually
- Fall episodes are higher in females (~2x)
- 74% of falls occur in or around home
- 57% resulted in a visit to the emergency room

## ■ Clermont County

- 1 in 3 people >65 fall annually
- Females fall 3 times more than males
- 71% of falls occurred in or around home
- 77% or **reported** calls were transported

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# Contact Info

- Denise Franer
  - dfraner@co.clermont.oh.us
  - 513-735-8421
  - **Julianne Nesbit**
    - jnesbit@co.clermont.oh.us
    - 513-732-7935
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