



Injury Prevention Committee
Collaborative Outreach Efforts

www.FoxRTAC.net

- Injury Prevention Committee meets prior to each General Meeting
- Strengths – dedicated members, work toward goals based on Injury Prevention Plan
- Weaknesses – small number on committee
- For all our outreach efforts we work to partner whenever possible

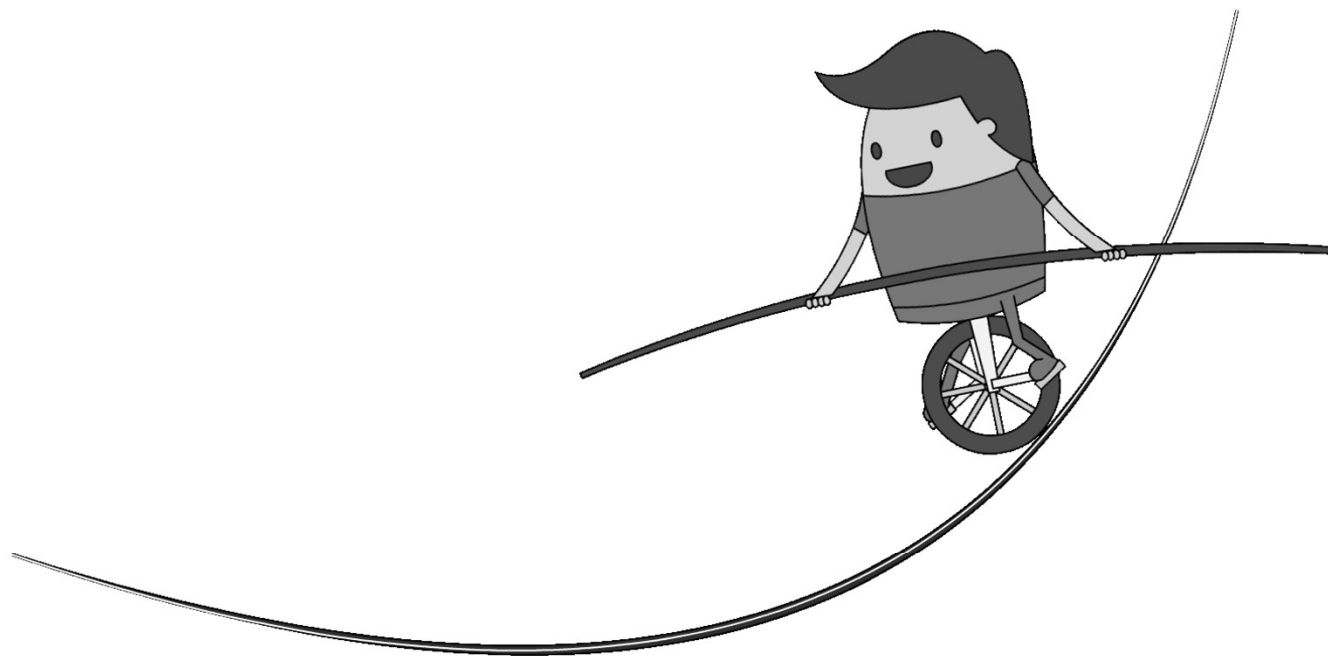
Our Efforts

- Assist with tuition for Tai Chi leader training
- Create original placemats for distribution (4,000 copies)
- Provide funding for creation / revision / updating of regional fall prevention literature
 - Placemats – updated versions with Finding Balance Together
 - Rack Cards – quick informational item with Rate Your Fall Risk Quiz
 - Updated Staggered Handout – for multi-county use (FVRTAC region).

Efforts Continued

- Support for Annual Community Fall Prevention Education Event 2018 & 2019
- Connect Oshkosh Fire and ADRC for Fall Prevention Referral App Pilot
- Partner with Oshkosh Fire for Oshkosh Community Foundation Grant to identify Root Cause of Falls in Community (phase one)

FVRTAC Partners with Finding Balance Together for Fall Prevention Efforts



Finding Balance Together

Multi-County Coalition

Mission: Educate people throughout our communities that falls are the leading cause of serious injuries, but are preventable.

Vision: Achieve a Fall Free Community where people are consciously making choices to positively impact their health and well being

Finding Balance Together

- *A Coalition dedicated to helping our Community Age Well and Prevent Falls*

Multi-County Outreach

- FVRTAC working with agencies not traditionally partnered with RTAC
- Other agencies create awareness of RTAC and the mission to prevent traumatic injuries
- RTAC injury prevention committee members involved in other organizations
- Many hands make light work

Organizations Involved so far...FBT



Printed Materials



STAY ACTIVE, STAY UPRIGHT

A Fall could Change Everything and You Can Prevent It from Happening to You. Stay Independent!

Did You Know? Some Quick Facts...

- Falls are the 2nd leading cause of death in Wisconsin and the first cause of hospitalization
- 1 in 4 who fall go to Nursing Homes
- Every 29 minutes an older individual (65 and older) dies from a fall-related injury
- 55% of falls take place inside the home
- Fear of falling leads to avoiding activity, which weakens your body and increases risk for a fall
- A loss of muscle mass starts at 40 years old. You can improve your strength and balance at any age

Falls are NOT a natural part of aging!

Visit www.FindingBalanceTogether.org to get started with tips, strength/balance classes and find resources in your area.

PROVIDED TO YOU BY:



CHECK YOUR RISK FOR FALLING

Please circle "Yes" or "No" for each statement below.

- Yes (2) No (0) **I have fallen in the past year.**
Why it Matters: People who have fallen once are likely to fall again.
- Yes (2) No (0) **I use or have been advised to use a cane or walker to get around safely.**
Why it Matters: People who have been advised to use a cane or walker may already be more likely to fall.
- Yes (1) No (0) **Sometimes I feel unsteady when I am walking.**
Why it Matters: Unsteadiness or needing support while walking are signs of poor balance.
- Yes (1) No (0) **I steady myself by holding onto furniture when walking at home.**
Why it Matters: This is also a sign of poor balance.
- Yes (1) No (0) **I am worried about falling.**
Why it Matters: People who are worried about falling are more likely to fall.
- Yes (1) No (0) **I need to push with my hands to stand up from a chair.**
Why it Matters: This is a sign of weak leg muscles, a major reason for falling.
- Yes (1) No (0) **I have some trouble stepping up onto a curb.**
Why it Matters: This is also a sign of weak leg muscles.
- Yes (1) No (0) **I often have to rush to the toilet.**
Why it Matters: Rushing to the bathroom, especially at night, increases your chance of falling.
- Yes (1) No (0) **I have lost some feeling in my feet.**
Why it Matters: Numbness in your feet can cause stumbles and lead to falls.
- Yes (1) No (0) **I take medicine that sometimes makes me feel light-headed or more tired than usual.**
Why it Matters: Side effects from medicines can sometimes increase your chance of falling.
- Yes (1) No (0) **I take medicine to help me sleep or improve my mood.**
Why it Matters: These medicines can sometimes increase your chance of falling.
- Yes (1) No (0) **I often feel sad or depressed.**
Why it Matters: Symptoms of depression, such as not feeling well or feeling slowed down, are linked to falls.

Total _____ Add up the number of points for each "yes" answer. If you scored 4 points or more, you may be at risk for falling. Discuss this quiz with your doctor and visit FindingBalanceTogether.org for fall prevention resources.

Printed Materials continued



Initial Version

FALLS ARE NOT A NATURAL PART OF AGING!

1 IN 3 ADULTS OVER AGE 65 FALL EACH YEAR

FindingBalanceTogether.org
Your Fox Valley Area Resource for improving health and preventing falls.

PROVIDED TO YOU BY:



FOXVALLEY
Regional Trauma Advisory Council

CHECK YOUR RISK FOR FALLING

Please circle "Yes" or "No" for each statement below.

- Yes (2) No (0) **I have fallen in the past year.**
Why It Matters: People who have fallen once are 3x-4x at risk to fall again.
- Yes (2) No (0) **I use or have been advised to use a cane or walker to get around safely.**
Why It Matters: People who use a cane or walker are 2x more likely to fall.
- Yes (1) No (0) **Sometimes I feel unsteady when I am walking.**
Why It Matters: Unsteadiness or needing support while walking are signs of poor balance.
- Yes (1) No (0) **I steady myself by holding onto furniture when walking at home.**
Why It Matters: This is also a sign of poor balance.
- Yes (1) No (0) **I am worried about falling.**
Why It Matters: People who are worried about falling are more likely to fall.
- Yes (1) No (0) **I need to push with my hands to stand up from a chair.**
Why It Matters: This is a sign of weak leg muscles, a major reason for falling.
- Yes (1) No (0) **I often have to rush to the toilet.**
Why It Matters: Rushing to the bathroom, especially at night, increases your chance of falling.
- Yes (1) No (0) **I have lost some feeling in my feet.**
Why It Matters: Numbness in your feet can cause stumbles and lead to falls.
- Yes (1) No (0) **I take medicine that sometimes makes me feel light-headed or more tired than usual.**
Why It Matters: Side effects from medications can sometimes increase your chance of falling.
- Yes (1) No (0) **I take medicine to help me sleep or improve my mood.**
Why It Matters: These medicines can sometimes increase your chance of falling.
- Yes (1) No (0) **I often feel sad or depressed.**
Why It Matters: Symptoms of depression, such as not feeling well or feeling slowed down, are linked to falls.

Total _____ Add up the number 4 points or more, you may be at risk! visit FindingBalanceTogether.org for

FALLS ARE NOT A NATURAL PART OF AGING!

1 IN 4 ADULTS OVER AGE 65 FALL EACH YEAR

FindingBalanceTogether.org
Your Fox Valley Area Resource for improving health and preventing falls.

"You are never too old to set another goal or to dream a new dream."

- C.S. Lewis

PROVIDED TO YOU BY:



FOXVALLEY
Regional Trauma Advisory Council

DID YOU KNOW?

- Falls are the 2nd leading cause of death in Wisconsin and the first cause of hospitalization
- 1 in 4 who fall go to Nursing Homes
- Every 29 minutes an older adult (65 and older) dies from a fall-related injury
- Every 15 minutes someone loses a limb from a fall
- Falls are the leading cause of injury for people with limited mental and physical abilities.



Winter 2019/2020 Version

CHECK YOUR RISK FOR FALLING

Please circle "Yes" or "No" for each statement below.

- Yes (2) No (0) **I have fallen in the past year.**
Why It Matters: People who have fallen once are likely to fall again.
- Yes (2) No (0) **I use or have been advised to use a cane or walker to get around safely.**
Why It Matters: People who have been advised to use a cane or walker may already be more likely to fall.
- Yes (1) No (0) **Sometimes I feel unsteady when I am walking.**
Why It Matters: Unsteadiness or needing support while walking are signs of poor balance.
- Yes (1) No (0) **I steady myself by holding onto furniture when walking at home.**
Why It Matters: This is also a sign of poor balance.
- Yes (1) No (0) **I am worried about falling.**
Why It Matters: People who are worried about falling are more likely to fall.
- Yes (1) No (0) **I need to push with my hands to stand up from a chair.**
Why It Matters: This is a sign of weak leg muscles, a major reason for falling.
- Yes (1) No (0) **I have some trouble stepping up onto a curb.**
Why It Matters: This is a sign of weak leg muscles.
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Why It Matters: Rushing to the bathroom, especially at night, increases your chance of falling.
- Yes (1) No (0) **I have lost some feeling in my feet.**
Why It Matters: Numbness in your feet can cause stumbles and lead to falls.
- Yes (1) No (0) **I take medicine that sometimes makes me feel light-headed or more tired than usual.**
Why It Matters: Side effects from medications can sometimes increase your chance of falling.
- Yes (1) No (0) **I take medicine to help me sleep or improve my mood.**
Why It Matters: These medicines can sometimes increase your chance of falling.
- Yes (1) No (0) **I often feel sad or depressed.**
Why It Matters: Symptoms of depression, such as not feeling well or feeling slowed down, are linked to falls.

Total _____ Add up the number of points for each "yes" answer. If you scored 4 points or more, you may be at risk for falling. Discuss this quiz with your doctor and visit FindingBalanceTogether.org for fall prevention resources.

DID YOU KNOW?

It's never too late to start! Make physical activity part of your everyday life. Just thirty minutes a day to prevent falls and keep your independence!

Examples of Physical Activity:

Strength and Balance – wall pushups, lifting light weights, stair climbing, and tai chi

Endurance Activities – walking, dancing, gardening, and swimming

Flexibility Activities – tai chi, stretching, and yoga

Check with your physician before beginning a new physical activity program.



AGILITY | BALANCE | BODY | CHANGE | FITNESS | FLEXIBILITY | HAPPINESS
HEALTH | JOY | MIND | MOTIVATION | PREVENTION | SPIRIT

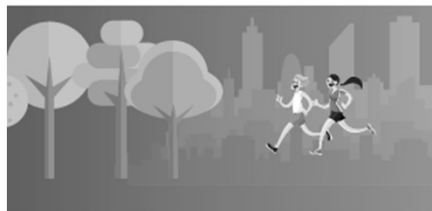
2019 Community Event



THANK YOU TO THE
SPONSORS FOR MAKING
THIS EVENT POSSIBLE:



STAY ACTIVE, STAY UPRIGHT
FindingBalanceTogether.org



We are working to use our resources wisely,
following our Injury Prevention Plan and by
partnering when possible

