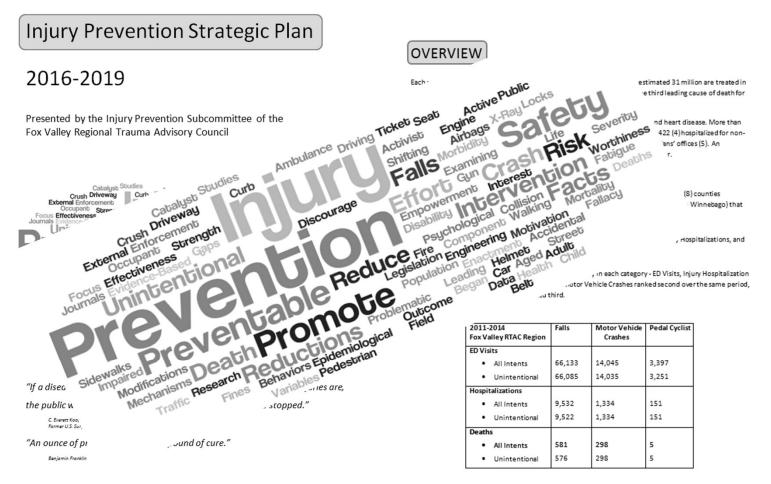


Injury Prevention Committee Collaborative Outreach Efforts

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

Fox Valley RTAC Injury Prevention Committee



New 2020-2022 Strategic Injury Prevention Plan in Works

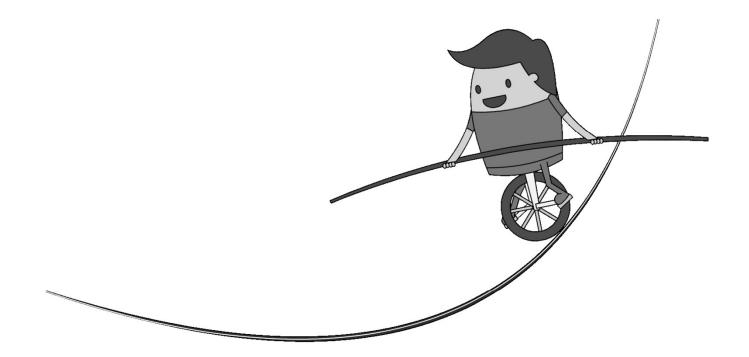
Our Efforts

- 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 <u>the leading cause</u> of serious injuries, but are preventable.

Vision: Achieve a <u>Fall Free Community</u> 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) | 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 care 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: Numbress 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 failing.
- 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) | often fee| sad or depressed. Why it Matters: Symptoms of depression, such as not feeling well or feeling slowed down, and 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

FINDING BALANCE TOGETHER	READY ,	STEADY, G	0 Initial Version	on
FALLS ARE NOT A NATURAL Part of Aging!	CHECK YOUR RISK FOR FALLING Please circle "Yes" or "No" for each statement below. Yes (2) No (0) I have failen in the past year, Ves (2) No (0) Luse or have been adviced to use a cane or waker to get around stely.	DID YOU KNOW? Fals are the 2nd leading cause of death in Wisconsin and th or 1 in 4 who fall go to Nursing Homes Every 29 minutes an odder adult (65 and older) dies from a fal Server 29 minutes an odder adult (65 and older) dies mont adult		Vinter 2019/2020 Version
1 IN 3 ADULTS OVER AGE 65 FALL EACH YEAR FindingBalanceTogether.org Your Fox Valley Area Resource for improving Halth and preventing falls.	We share had a the share had a		Did you know what happen	Y, STEADY, GO! ns in the doctor's office is responsible for just 20% of your health? ow well you take care of yourself.
PROVIDED TO YOU BY:	Ver (1) No (1) Lake medicae the mone there that we have the set of the model of the	Please circle "Yes" or "No" fr Yes (2) No (0) have falle Why it Mether: Yes (2) No (0) Luse or hav around sar Why it Mether: be non limit to Yes (1) No (0) Sometimes Way it Mether: Yes (1) No (0) I steady my Way it Mether: Yes (1) No (0) I am worrie Wey it Mether:	n in the past year. People who have follow one are likely to foll again. In been advised to use a cane or walker to get bly. People who have base adviced to use a creat or walker may alwady not. I feel unsteady when I am walking. Jurabadiness or meding support while watking are signs of poor balance. To is note a sign of poor balance.	DID YOU KNOW? L'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 Hexibility Activities - tai chi, stretching, and yoga Check with your physician before beginning a new physical activity program.
	FindingBalanceTogether	Vec (1) No (0) I need to perform the second seco	ush with my hands to stand up from a chair.	D T O O O P C D V M O F Y S L

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:



Why IN Mutters: Symptoms of digensities, inch as not twing well or twing atowed down, we instead to thic. 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 guiz with your doctor and with FindingBanacelogethercorg for fall prevention resources.

Yes (1) No (0) I take medicine that sometimes makes me feel light-headed

Why it Matters: This is a sign of weak leg muscles, a major reason for failing.

Why it Matters: Rushing to the bathroom, especially at night, increases your chance of failing.

Yes (1) No (0) I have some trouble stepping up onto a curb. Why it Matters: This is a sign of wasking muscles.

or more tired than usual. Why it Materia: Side which them medications can sometimes howers your chance Yes (1) No (0) I take medicine to help me sleep or improve my mood. Why it Materia: Thus medicas on institutes howers your chance of fating.

Yes (1) No (0) I have lost some feeling in my feet. Where Matteries: Numbers in your feet can cause thumbles and lead to fails.

Yes (1) No (0) I often have to rush to the toilet.

Yes (1) No (0) I often feel sad or depressed.

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2019 Community Event



THANK YOU TO THE Sponsors for Making This event possible:



Sutagamie Caregiver Coalition





Volunteer FOX CITIES



STAY ACTIVE, STAY UPRIGHT

FindingBalanceTogether.org









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

