

City of De Pere

Fall Prevention Resource Guide



Public Health

Prevent. Promote. Protect.

De Pere Health Department

Did you know...?

Wisconsin has the highest rate of older adult falls deaths out of all 50 states.

There are about 32 falls reported each day in Brown County– it is our community’s leading cause of trauma injury.

There are many steps you can take today to reduce your risk of falling.

Check out our Fall Prevention Resource Guide to see local data, programs, partners, education, and tools to help decrease falls!



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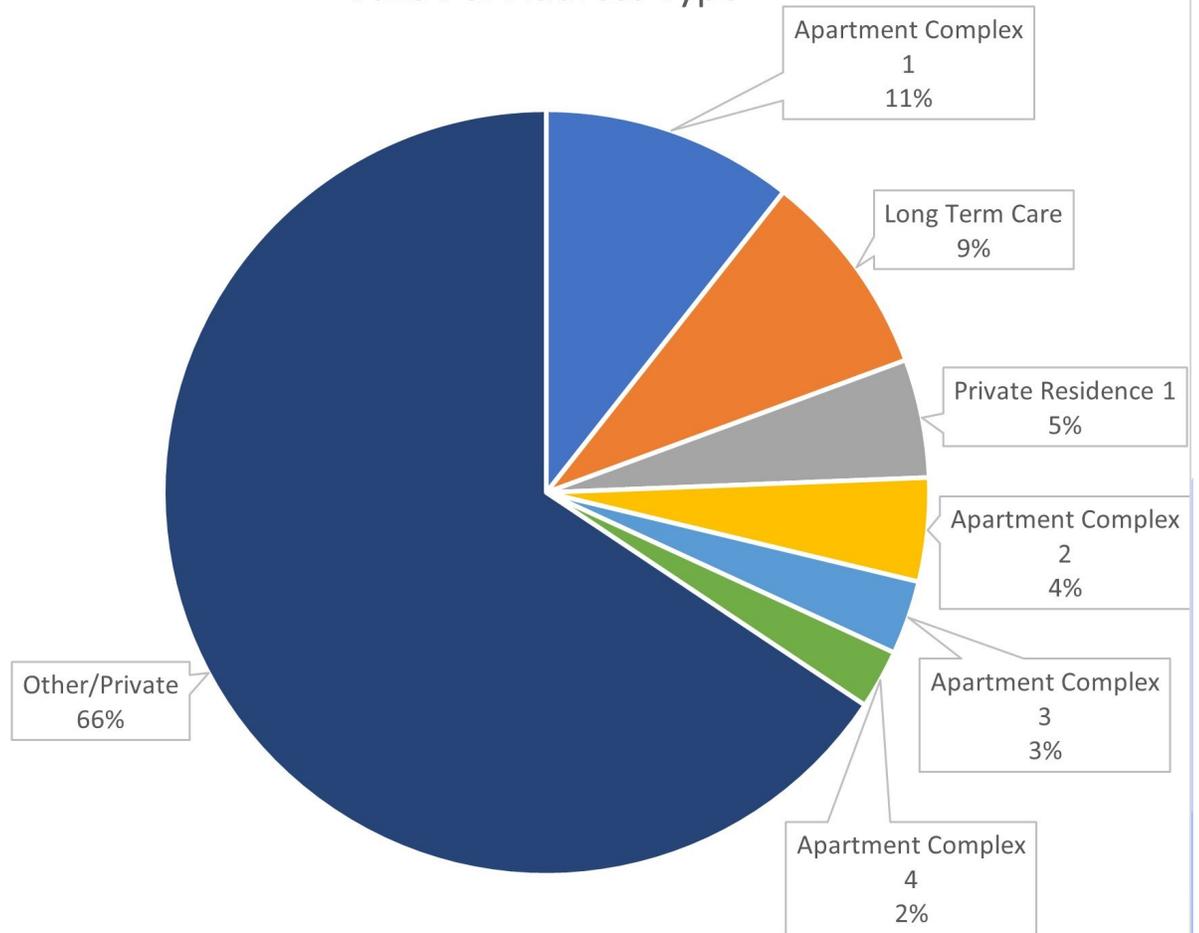
Summary

The data presented in this resource guide was collected January 1st, 2023 to June 30th, 2023 via ImageTrend, courtesy of De Pere Fire Rescue.

of Total Fall Incident Reports Received: 303

of Fall Incidents within City of De Pere Limits: 160

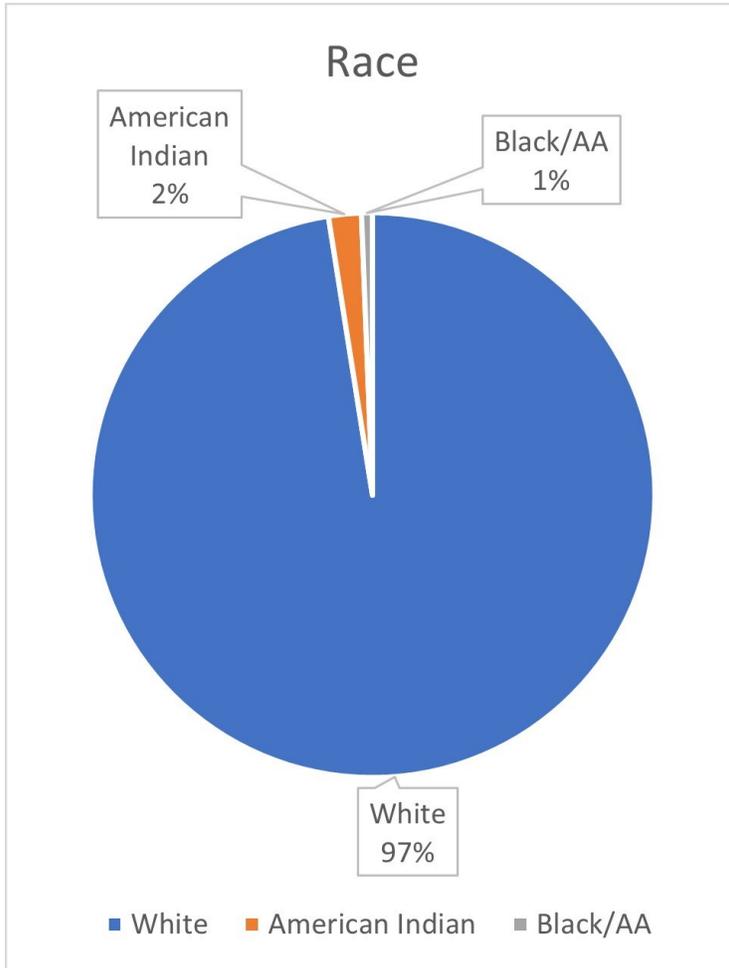
Falls Per Address Type



- Apartment Complex 1
- Long Term Care
- Private Residence 1
- Apartment Complex 2
- Apartment Complex 3
- Apartment Complex 4
- Other/Private

Data

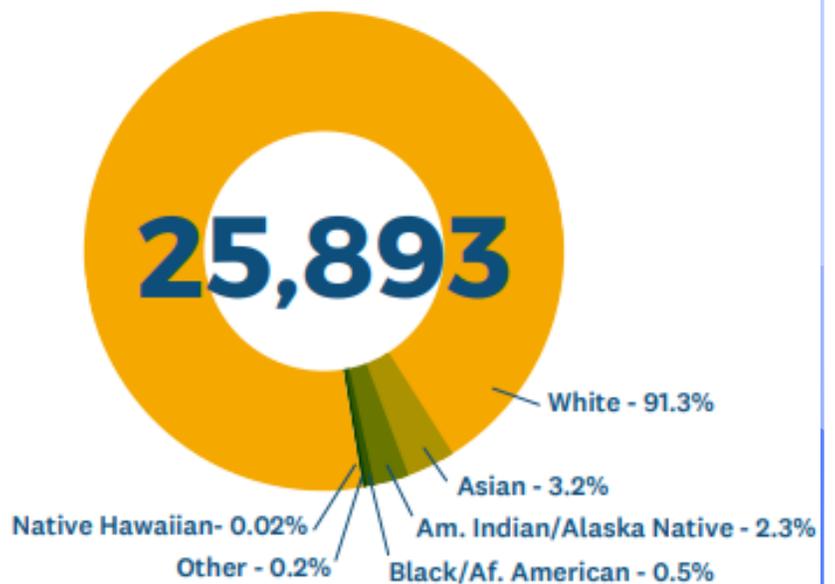
Demographics of City of De Pere Falls



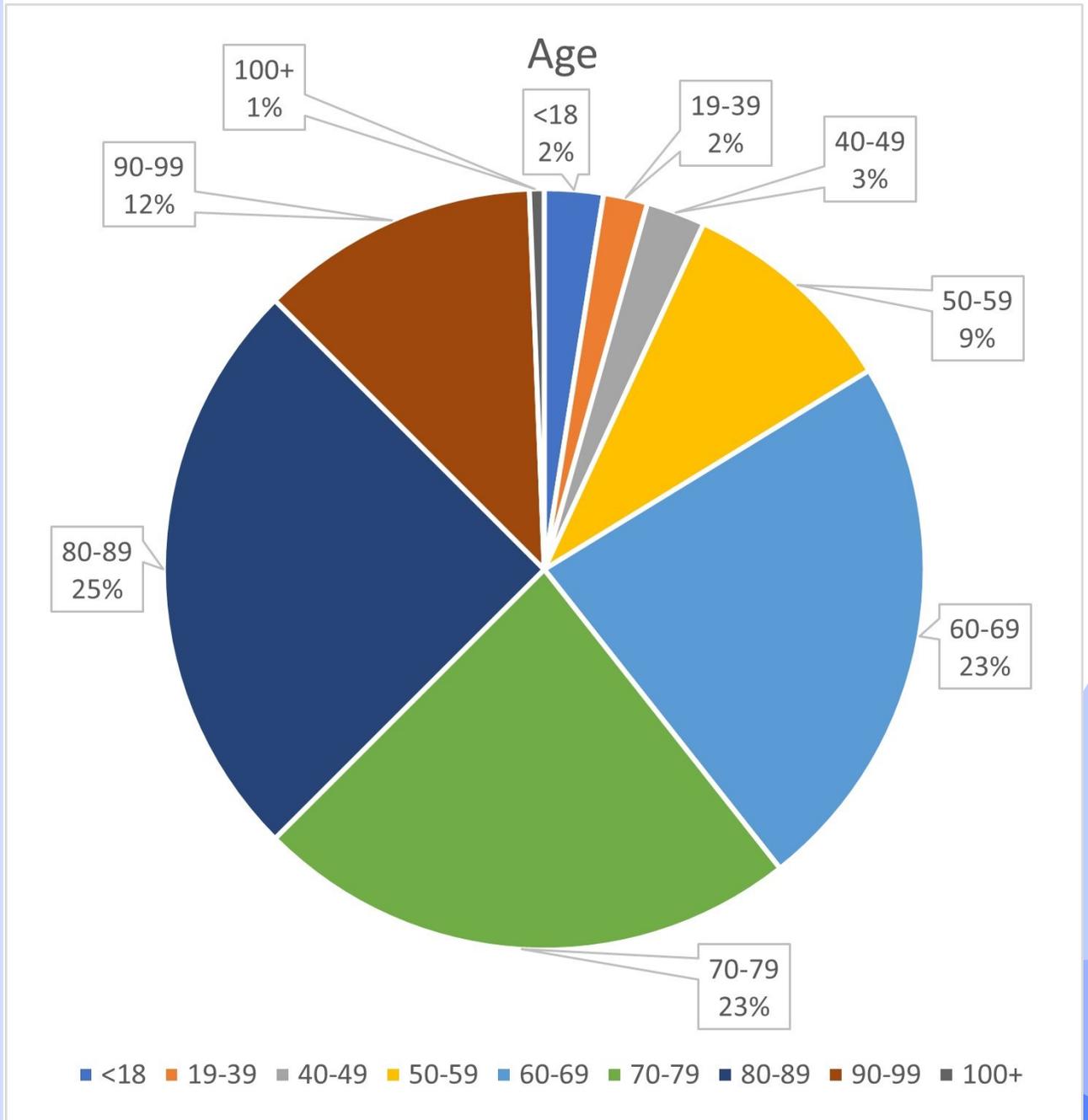
Male: 62 (39%)

Female: 98 (61%)

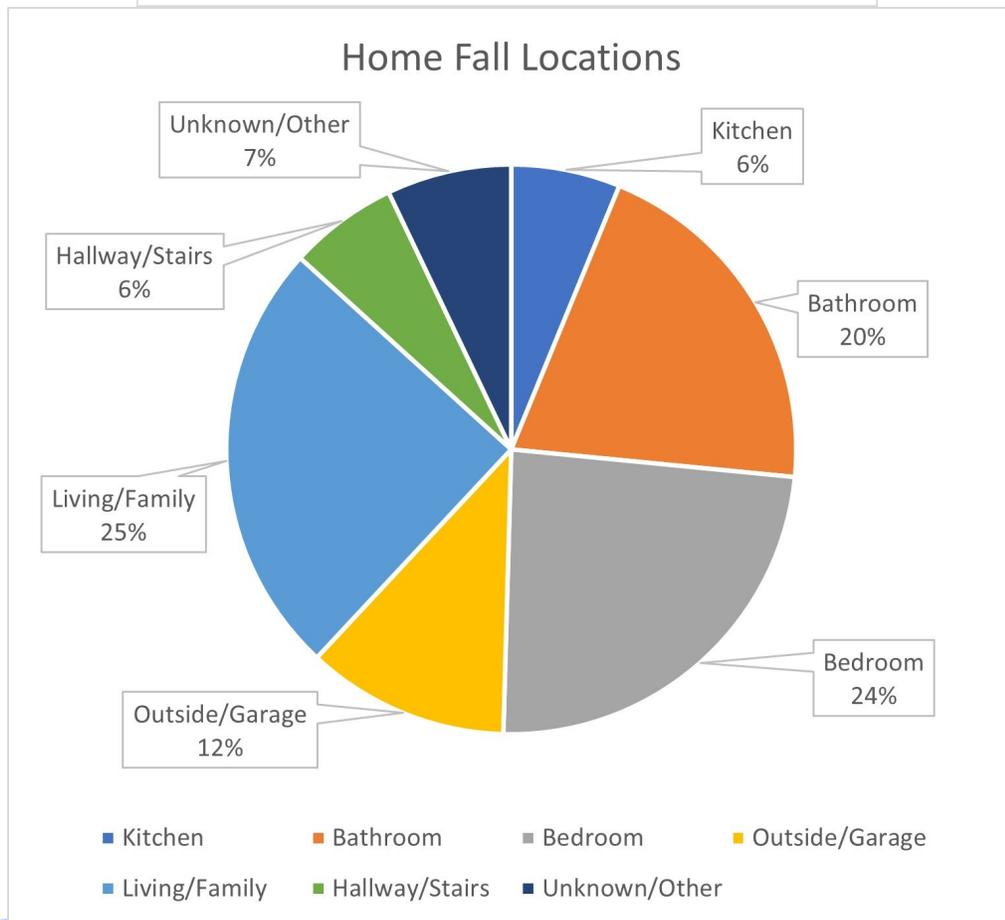
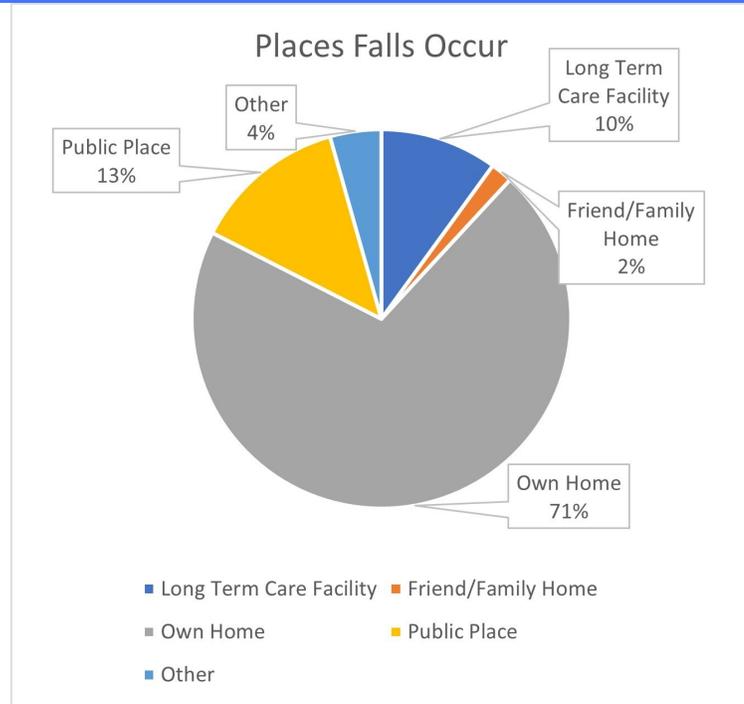
Total City of De Pere Population Race Comparison:



Demographics of City of De Pere Falls

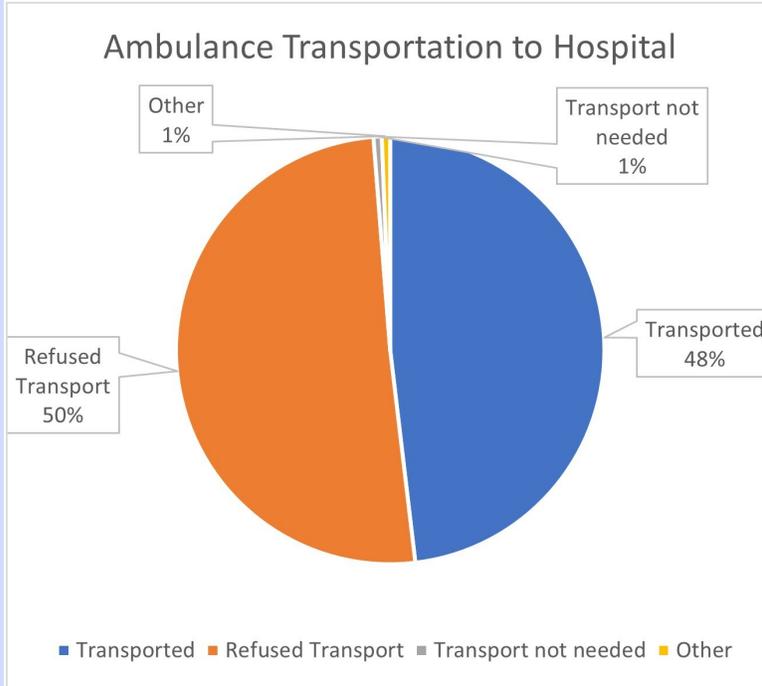


Fall Circumstances in City of De Pere



Data

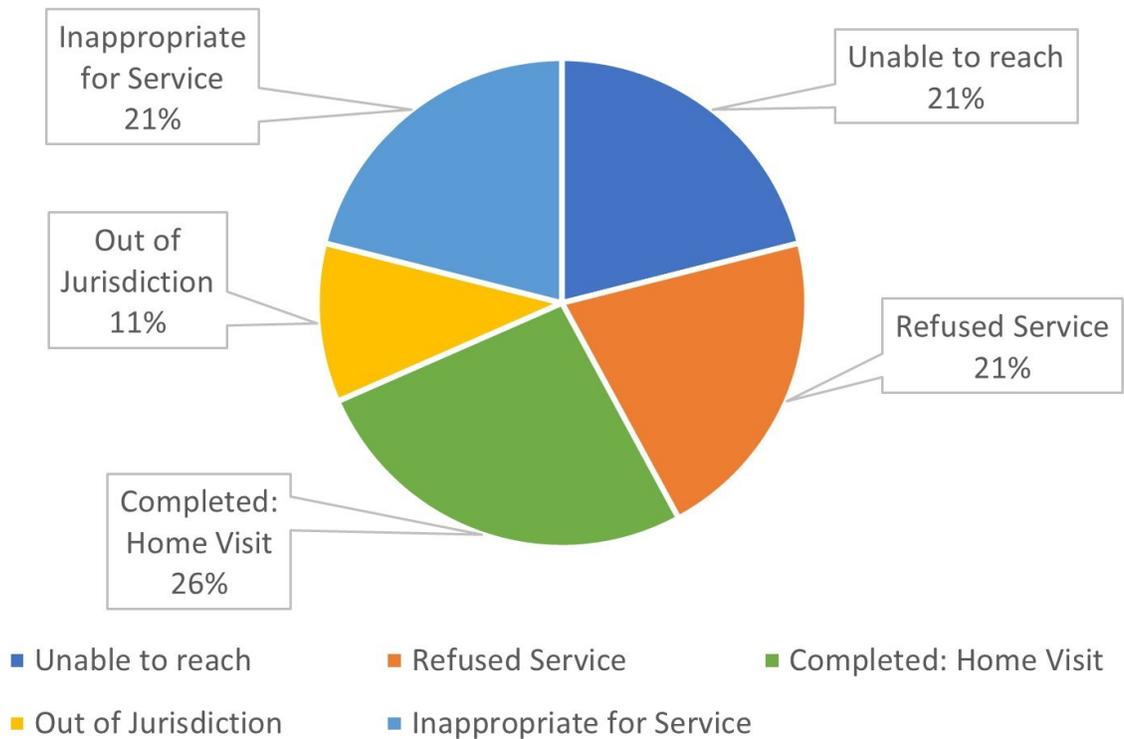
Fall Outcomes in City of De Pere



Referral to Health Department/Stay at Home Assistance Fall and Fire Prevention Program

YES- Referral: 9%
NO: 91%

Stay At Home Assistance Referral Outcomes



Stay at Home Assistance

About the Stay at Home Assistance Program



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The Stay at Home Assistance (SAHA) Program is a collaboration between the De Pere Health Department and De Pere Fire Rescue that works to prevent falls and fires in our community through awareness, resource promotion, education, phone consultations, and in-home visits.

Stay at Home Assistance

Services

Community Fall/Fire Prevention Education Events and Promotion

Free Fall Prevention Phone Consultations:

- Fall risk assessment
- In-home visit eligibility screening
- Fall and fire prevention education
- Resource referrals

Free In-Home Fall and Fire Prevention Visits (if eligible):

- Health and environment assessment
- Smoke alarm & CO detector check/replacement
- Fall and fire prevention recommendations
- Fall and fire prevention education
- Resource referrals

Stay at Home Assistance

Eligibility

ALL City of De Pere residents are eligible for a fall prevention phone consultation at no cost.

You may also be eligible for a no cost In-Home Fall and Fire Prevention Visit if you meet the following:

- Live in the city limits of De Pere
- Prior fall or risk/fear of falling
- Not on Family Care/IRIS
- Not on hospice
- Not currently receiving in-home physical or occupational therapy
- Age 60+ living in own home or apartment
- No memory concerns OR caregiver available for visit

Call 920-339-4054 to speak with a nurse about falls today!



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Other Local Resources

Aging and Disability Resource Center of Brown County

www.adrcofbrowncounty.org

300 S Adams St

Green Bay, WI 54301

(920) 448-4300

ADRCs are a Wisconsin idea designed to partner with adults 60+, persons with disabilities, and their caregivers, empowering them to live their best possible life. ADRC of Brown County offers a broad range of services from activities, events, and workshops, to assistance with the challenges of aging and disability, including fall prevention home visits and programming.

De Pere Community Center

600 Grant St

De Pere, WI 54115

(920) 339-4097

The De Pere Community Center is an active, thriving venue that serves as an epicenter of lifelong learning, health, fitness, enrichment, recreational, and celebration opportunities. They host many opportunities for older adults, including exercise and fall prevention programs! Call today to find out more.

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Other Local Resources

Wisconsin Institute of Healthy Aging

www.wihealthyaging.org

Wisconsin Institute of Healthy Aging (WIHA) is a one-stop shop for evidence-based health promotion programs and practices, such as the falls prevention programs Stepping On and Pisando Fuerte, that can bring the power of self-care to adults throughout our state and nation.

Falls Free Wisconsin

www.fallsfreewi.org

Falls Free® Wisconsin (FFWI) has a vision for reducing falls in Wisconsin! FFWI is dedicated to Wisconsinites looking for tools, resources, and programs to prevent falls. They see older adult falls as a public health issue that affects individuals, families, communities, and systems rather than just an unfortunate thing that happens to people as they age.

Scan the QR code below with your phone camera to check out FFWI resources like balance/strength exercises and the interactive home walk through!



Education & Tools

Fall Risk Checklist

Check Your Risk for Falling

Circle "Yes" or "No" for each statement below

Yes (2)	No (0)	I have fallen in the past year.
Yes (2)	No (0)	I use or have been advised to use a cane or walker to get around safely.
Yes (1)	No (0)	Sometimes I feel unsteady when I am walking.
Yes (1)	No (0)	I steady myself by holding onto furniture when walking at home.
Yes (1)	No (0)	I am worried about falling.
Yes (1)	No (0)	I need to push with my hands to stand up from a chair.
Yes (1)	No (0)	I have some trouble stepping up onto a curb.
Yes (1)	No (0)	I often have to rush to the toilet.
Yes (1)	No (0)	I have lost some feeling in my feet.
Yes (1)	No (0)	I take medicine that sometimes makes me feel light-headed or more tired than usual.
Yes (1)	No (0)	I take medicine to help me sleep or improve my mood.
Yes (1)	No (0)	I often feel sad or depressed.

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 brochure with your doctor.

Simple Fall Prevention Tips from Mayo Clinic

Make an appointment with your health care provider

Start by making an appointment with your health care provider. To assess your risk and discuss fall prevention strategies, your health care provider may want to talk about the following:

- **Your medications.** Make a list of your prescription and nonprescription medications and supplements, or bring them with you to the appointment. Your health care provider can review your medications for side effects and interactions that may increase your risk of falling.
- **Any previous falls.** Write down the details, including when, where and how you fell. Be prepared to discuss instances when you almost fell but were caught by someone or managed to grab hold of something just in time.
- **Your health conditions.** Certain eye and ear disorders may increase your risk of falls. Be prepared to discuss your health conditions and how comfortable you are when you walk — for example, do you feel any dizziness, joint pain, shortness of breath, or numbness in your feet and legs when you walk? Your health care provider may evaluate your muscle strength, balance and walking style (gait) as well.

Wear sensible shoes

Consider changing your footwear as part of your fall prevention plan. High heels, floppy slippers and shoes with slick soles can make you slip, stumble and fall. So can walking in your stocking feet. Instead, wear properly fitting, sturdy, flat shoes with nonskid soles. Sensible shoes may also reduce joint pain.

Simple Fall Prevention Tips from Mayo Clinic

Keep moving

Physical activity can go a long way toward fall prevention. With your health care provider's OK, consider activities such as walking, water workouts or tai chi — a gentle exercise that involves slow and graceful dance-like movements. These activities reduce the risk of falls by improving strength, balance, coordination and flexibility.

If you avoid physical activity because you're afraid it will make a fall more likely, tell your health care provider. Your provider may recommend carefully monitored exercise programs or refer you to a physical therapist. The physical therapist can create a custom exercise program aimed at improving your balance, flexibility and muscle strength.

Use assistive devices

Your health care provider might recommend using a cane or walker to keep you steady. Other assistive devices can help, too. For example:

- Handrails for both sides of stairways
- Nonslip treads for bare-wood steps
- A raised toilet seat or one with armrests
- Grab bars for the shower or tub
- A sturdy plastic seat for the shower or tub — plus a hand-held shower nozzle for bathing while sitting down

If necessary, ask your health care provider for a referral to an occupational therapist. An occupational therapist can help you brainstorm other fall prevention strategies.

Simple Fall Prevention Tips from Mayo Clinic

Remove home hazards

Take a look around your home for potential fall hazards. To make your home safer:

- Remove boxes, newspapers, electrical cords and phone cords from walkways.
- Move coffee tables, magazine racks and plant stands from high-traffic areas.
- Secure loose rugs with double-faced tape, tacks or a slip-resistant backing — or remove loose rugs from your home.
- Repair loose, wooden floorboards and carpeting right away.
- Store clothing, dishes, food and other necessities within easy reach.
- Immediately clean spilled liquids, grease or food.
- Use nonslip mats in your bathtub or shower. Use a bath seat, which allows you to sit while showering.

Light up your living space

Keep your home brightly lit to avoid tripping on objects that are hard to see. Also:

- Place night lights in your bedroom, bathroom and hallways.
- Place a lamp within reach of your bed in case you need to get up in the middle of the night.
- Make clear paths to light switches that aren't near room entrances. Consider trading traditional switches for glow-in-the-dark or illuminated switches.
- Turn on the lights before going up or down stairs.
- Store flashlights in easy-to-find places in case of power outages.

From Fall prevention: Simple tips to prevent falls - Mayo Clinic

<https://www.mayoclinic.org/healthy-lifestyle/healthy-aging/in-depth/fall-prevention/art-20047358>

Home Safety Checklist via Remembering When



Remembering When™ A FIRE AND FALL PREVENTION PROGRAM FOR OLDER ADULTS

Home Safety Checklist

Prevent Falls

1

Yes No

Do you exercise regularly?

■ Regular exercise builds your strength and improves your balance and coordination. Ask your doctor about the best physical exercise for you.

Yes No

Do you take your time getting up to answer the phone or doorbell?

■ Being rushed or distracted increases your chance of falling. Get out of chairs slowly. Sit a moment before you get out of your bed. Stand and get your balance before you walk.

Yes No

Do you keep walking areas and stairways clear of tripping hazards, such as papers, books, electrical cords, and shoes?

■ Keep stairs and walking areas free of electrical cords, shoes, clothing, books, magazines, and other piles of stuff.

Yes No

In winter, are sidewalks, outdoor steps, and walkways clear of ice and snow?

■ Keep the walkways clear. If needed, ask for help with snow and ice removal.

Yes No

Have you had your eyes checked?

■ See an eye specialist once a year. Poor vision can increase your chance of falling.

Yes No

Do you have nightlights along the path between your bedroom and the bathroom?

■ Use nightlights to light the path between your bedroom and the bathroom.

Yes No

Do you turn on the lights before you use the stairs?

■ Stairways should be well lit from both the top and the bottom. Turn on the lights before using the stairs.

Yes No

Does every room have a light switch that can be reached from the doorway?

■ Make sure you can reach light switches from the doorway. Ask for help installing new light switches.

Yes No

Are there non-slip mats in and outside bathtubs and showers?

■ Use non-slip bath mats in the bathtub and on shower floors.

Yes No

Do you have grab bars in tubs, showers, and near all toilets?

■ Grab bars should be installed in all bathrooms. Never use a towel rack or shower rod for support.

Home Safety Checklist via Remembering When



Remembering When™ A FIRE AND FALL PREVENTION PROGRAM FOR OLDER ADULTS

Home Safety Checklist

Prevent Falls

2

Yes No

Do you wipe up spilled liquids right away?

Wipe up spilled liquids immediately. Even a few drops of liquid or grease can be a slipping hazard.

Yes No

Do your throw rugs have rubber, non-skid backing?

Use only throw rugs that have rubber, non-skid backing. Smooth out all wrinkles and folds in carpeting.

Yes No

Is your carpeting in good condition?

Make sure carpeting is not wrinkled, torn, or worn. If it is, ask for help repairing or replacing the carpeting.

Yes No

Are there sturdy, easy-to-grip handrails on both sides of the stairs?

Have easy-to-grip handrails installed along the full length of both sides of the stairs

Yes No

Do you wear sturdy, well-fitting, low-heeled shoes with non-slip soles?

Wear sturdy, well-fitting, low-heeled shoes with non-slip soles, which are safer than high heels, thick-soled athletic shoes, slippers, or stocking feet.

Yes No N/A

Have you contacted your doctor or pharmacist if your medication affects your balance and coordination?

If not, have your doctor or pharmacist review all your medications, including over-the-counter drugs. Some medications can affect your balance and coordination.

Home Safety Checklist via Remembering When

 **Remembering When™** A FIRE AND FALL PREVENTION PROGRAM FOR OLDER ADULTS

Home Safety Checklist

Prevent Fires

1

Yes No

If there are smokers in your home, do they smoke outside?

 Ask smokers to smoke outside. Never smoke in bed or when drowsy.

Yes No N/A

Do smokers use deep, sturdy ashtrays?

 Use deep, sturdy ashtrays. Wet cigarette butts and ashes before throwing them out or bury them in sand.

Yes No N/A

Are space heaters at least 3 feet (1 meter) from things that can burn?

 Keep space heaters at least 3 feet (1 meter) away from anything that can burn—including you. Follow this rule for woodstoves and fireplaces, too. Shut off and unplug heaters when you leave the room or your home or go to bed. Always plug space heaters into wall outlets and never into extension cords or power strips.

Yes No

Do you inspect electrical cords in your home for damage?

 Check electrical cords often. If cords are cracked or damaged or you have loose electrical or extension cords, stop using the cords immediately and replace them. Do not try to repair them.

Yes No

Are electrical cords kept from running across doorways or under rugs?

 If not, unplug them at once. Avoid putting cords where they can be damaged or pinched by furniture, under rugs and carpets, or across doorways.

Yes No

Do you know how to put out a pan fire on the stovetop?

 If a pan of food catches fire, slide a lid over it and turn off the burner. When in doubt, get outside and call the fire department.

Yes No

Do you stay in the kitchen when you cook?

 Stay in the kitchen when you are frying, grilling, or broiling food. If you leave the kitchen for even a short period of time, turn off the stove. Don't use the stove if you are drowsy from alcohol or medication and do not cook while taking new medication until you know how it will affect you.

Yes No

Do you allow food cooked in a microwave oven to cool before eating?

 Remember that while microwave ovens stay cool, the food inside can become very hot. Open microwaved food slowly, away from the face. Allow food to cool before eating.

Yes No

Do you wear tight-fitting clothing or short sleeves when you cook?

 Wear tight-fitting, rolled-up, or short sleeves when cooking. Use oven mitts to handle hot pans.

Home Safety Checklist via Remembering When

 **Remembering When™** A FIRE AND FALL PREVENTION PROGRAM FOR OLDER ADULTS

Home Safety Checklist

Prevent Fires

2

Yes No

Do you know what to do if your clothes catch fire?

■ Stop (don't run), drop gently to the ground, and cover your face with your hands. Roll over and over or back and forth to put out the fire. If you cannot drop and roll, keep a blanket or towel nearby to smother flames. If you use a wheelchair, scooter, or other device and are able to get to the floor, lock the device first before getting out and then roll until the flames are out. If you are a bystander, consider grabbing a rug, blanket, or fire blanket to help extinguish the flames. Use cool water for 3-5 minutes to cool the burn. Get medical help right away.

Yes No

Do you know what to do if you burn yourself?

■ Treat a burn right away by putting it in cool water. Cool the burn for 3 to 5 minutes. Get medical help if needed. Do not apply creams, ointments, sprays, or other home remedies.

Yes No

Do you have at least one smoke alarm on every level of your home, outside each sleeping area, and inside each bedroom?

■ Have smoke alarms installed outside each sleeping area, on every level of your home, and inside each bedroom. Make sure alarms are interconnected so that when one sounds they all sound. If you are deaf or hard of hearing, special alarms are available.

Yes No

Do you test your smoke alarms monthly?

■ Have someone test your smoke alarms once a month by pushing the test button. Batteries should be changed at least once a year or whenever the alarm "chirps" to tell you that the battery power is low. Replace all smoke alarms when they are 10 years old

Yes No

If there was a fire in your home, would you know how to get outside

■ In a fire, get outside as quickly as you can and stay outside. Once you have escaped a fire, call the fire department from a neighbor's phone or a cell phone.

Yes No

Do you know two ways out of every room?

■ If possible, know two ways out of every room in your home and two ways out of the home. Make sure windows and doors open easily. Windows with security bars, grills, and window guards should have emergency release devices. Make sure furniture and other heavy objects are not blocking your exits. If you must escape through smoke, stay low and go under the smoke to your way out.

Yes No

Have you included anyone with a disability in your home in your escape planning and determined what assistance they would need to get out of the home in case of an emergency?

■ Include everyone in your home in the planning process. Develop your escape plan around their abilities. Practice the plan at least twice a year both during the day and at night.

Home Safety Checklist via Remembering When

 **Remembering When™** A FIRE AND FALL PREVENTION PROGRAM FOR OLDER ADULTS

Home Safety Checklist

Prevent Fires

3

Yes No N/A

Have you provided smoke alarms and alert devices called accessories (strobe lights or bed/pillow shakers) for people in your home who are deaf or hard of hearing?

 Smoke alarms and alert devices, called accessories, are available for people who are deaf or hard of hearing. Strobe lights throughout the home are activated by smoke alarms and alert people who are deaf to fire conditions. When people who are deaf are asleep, a high-intensity strobe light along with a pillow/bed shaker can wake them up and alert them to fire conditions so they can escape. This equipment is activated by the sound of a standard smoke alarm. Smoke alarm alert devices also are available for people who are hard of hearing. These accessories, which are activated by the sound of the smoke alarm, produce a loud, mixed low-pitched sound. This equipment is activated by the sound of the smoke alarm. People who are hard of hearing also may find that a pillow/bed shaker is helpful in waking them up.

Yes No

Do you know the emergency number to call in case of fire?

 Memorize your local emergency number. It may be 9-1-1 or the fire department's phone number. Once you escape, you will need to call from a neighbor's phone or a cell phone

Yes No

Do you have a telephone in your bedroom?

 Have a telephone in your bedroom or close to where you sleep and post the local emergency number nearby in case you are trapped by smoke or fire.

Yes No

Do you have a medical alert button?

 Consider having this device for access to help in an emergency.

Yes No

Do you have carbon monoxide alarms in your home?

 Install a carbon monoxide alarm outside each sleeping area and on every level of your home. Test the alarms monthly. If you cannot reach the alarm safely, ask for help.

Brought to you by:

De Pere Health Department
(DPHD)

via

The Localizing Efforts to Address Falls Grant
(LEAF)

from

The Wisconsin Institute of Healthy Aging
(WIHA)

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**For more information, please visit the
De Pere Health Department Website:**



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