



New Lenox, IL

Safe Communities Standing Up to Older Adult Falls

- Every 20 minutes an older adult dies from a fall
- In 2014, there were 7 million injuries to older adults as a result of falls
- After an injury from a fall, many older adults are unable to return to living independently

Falls are not a natural part of aging and can be prevented

Communities have an important role in promoting the health and safety of their residents. While communities may use different approaches to falls prevention and have unique populations to serve, the CDC¹ recommends four main strategies that should be part of a comprehensive community falls prevention initiative.

- ✓ **Assure older adults have opportunities to stay active** - including strengthening their legs and working on balance.
- ✓ **Partner with physicians and pharmacists** – encourage them to help older adults understand their risks, review medications for side effects and discuss taking vitamin D supplements.
- ✓ **Encourage older adults to visit the optometrist** - annually and adjust glasses as often as necessary.
- ✓ **Help older adults learn to keep their home safe** – remove clutter, add grab bars and handrails, make sure there is a lot of light in and around the home.

Throughout the United States, there are communities committed to keeping their residents safe. This network of communities, demonstrating leadership in promoting safety and preventing injury, is Safe Communities America. Safe Communities America® (SCA), an accreditation program of the National Safety Council (NSC), recognizes communities that make a commitment to safety using the following model:



New Lenox, IL is one of these Safe Communities making a difference for its residents.

¹<https://www.cdc.gov/homeandrecreationalafety/falls/>

New Lenox Safe Communities

New Lenox, IL, an accredited Safe Community since 2010, is putting older adults first. The New Lenox Safe Communities America (NLSCA) Coalition recognized the growing number of older adult fall injuries and developed the Older Adult Falls Prevention Task Group, taking the Safe Communities approach to reduce these numbers and increase quality of life for their older adult residents.



New Lenox is Standing up to Falls

The Older Adult Falls Prevention Task Group of the New Lenox Safe Community has a goal of offering continuous fall prevention programming for older adults in their community.

NLSCA Coordinator, Dan Martin identifies the Senior Volunteers as the Older Adult Falls Prevention Task Group's "key to success"



NEW LENOX

Brings together people

- Staff from New Lenox Township
- Physical Therapists
- Assisted living agencies
- Fire Protection District
- 12+ senior volunteers

Measures success

- 330 older adults completed MOB class
- 75 older adults completed Fit & Strong
- New partnerships with the park district and schools allows older adults safe indoor walking spaces throughout the year
- Creatively connecting older adult fall prevention to other NLSCA programs to further spread safety education to the community (i.e. via Medication Take-Back Events and Community Emergency Response Team Trainings)



Uses data

- Fall related injury data from Silver Cross Hospital
- Fall related service calls from New Lenox Fire Protection District

Makes a plan

- Host 4 -6 Matter of Balance (MOB) classes per year
- Accommodate the communities desire to continue meeting and practicing exercises after completing a MOB class by offering the Fit & Strong program
- Identify ongoing opportunities to provide fall prevention education in the community

Over 6 million Americans are living, working and studying in a Safe Community.

Join the movement and become an accredited Safe Community.

Visit **SafeCommunitiesAmerica.org**

