



# Stand-Up For Fall-Prevention: A Project of Senior Umbrella Network of Brooklyn (SUN-B)

## 1 Why Fall Prevention, and Why Now?

- 1 of every 3 Americans aged 65+ will sustain a serious fall in 2015.
- Many of those injuries will require hospitalization.



## 2 Why Focus on Home?

- 70% of serious falls occur in the home. Those injuries happen in three different ways:
- By *falling down* from something, such as a ladder, or a stool;
- By being injured when *something falling on you*, such as a shelf, a fixture, or a cabinet; and
- By tripping or sliding *on something*, such as a rug, an electrical chord, or an object on the floor.

## 3 Why Focus on Brooklyn's Seniors?

- A** Because Seniors Spend More Time at Home: In 2015, ¾ of Brooklyn residents who are seriously injured from falls in the home, *will be Seniors*. Sadly, the frequency of serious injuries sustained by Seniors who slipped or fell in their own homes increased 34% between 2004 and 2014.
- B** Because Older Women Are At Greater Medical Risk: Throughout Brooklyn in 2015, the odds of sustaining a serious fall at home will be greater for *older women*.
- C** Especially Seniors Who Live Alone: Seniors in Brooklyn who are *living alone* will be at greatest risk of a serious injury from falling at home.
- D** And Especially Seniors:
  - Who have previously fallen
  - Who suffer sleep disturbances
  - With leg problems; Or problems with balance & gait
  - With vision impairment
  - Who are fearful of falling
  - Who take 4+ medications daily

## 4 A Two-Step Project To Reduce Serious Falls For Brooklyn's Seniors

Stand-Up For Fall Prevention is focused on educating the incidence of serious injuries from falls *in the home*.

Our Fall-Prevention website offers room-by-room advice on how to locate and identify potential hazards in the home. We visualize a Borough-wide project in two steps:

**Step One:** Outreach to Geriatric Professionals, including health-care professionals, home-health agencies, hospitals and organizations in the Borough of Brooklyn. It is our hope that the material on our website will become a useful tool for helping Seniors to live longer, safer, and injury-free lives.

**Step Two:** Outreach to Seniors at Senior Centers, Nursing Homes, Assisted Living Facilities, Community Centers, Houses of Worship, and other places where Seniors congregate throughout the Borough of Brooklyn.

## 5 Getting Started

Anybody interested in reducing the odds of slipping or falling, can start by identifying potential problems in and around the home. Here are a few of the most common ones:

- clutter
- slippery/inconsistent floor surfaces
- poor/inadequate lighting
- pets and pet-related objects
- lack of stair railings
- lack of, or improperly installed grab-bars
- lack of easy access to bathrooms

## 6 Let SUN-B Help

If you are a geriatric professional, or an organization that works with Seniors, SUN-B can send you a brochure explaining how to do a room-by-room scan of a client's home. This will allow you to work with clients and their families to locate and address potential hazards in the home.

**Coming Soon: Examples of successful home-modifications**



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