

Falls can be prevented by:

- ✓ Working to become or stay physically fit.
- ✓ Making sure you have a healthy balanced diet.
- ✓ Talking to your doctor or pharmacist about the side effects of your medications.
- ✓ Making your home a safe place to live—home safety checklists are available from SIPP.
- ✓ Altering behaviors that increase your risk of falling.
- ✓ Paying close attention when you walk—especially on stairs or uneven surfaces.
- ✓ Using information from the **SIPP Falls Prevention Manual** that will be distributed at Falls Prevention discussions throughout the county. Please contact SIPP for details.

Who we are

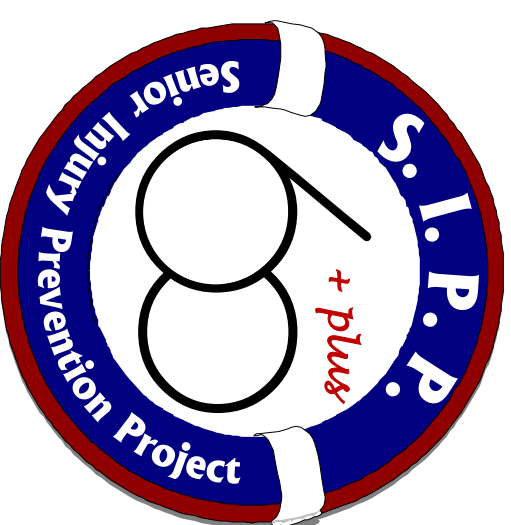
Alameda County Public Health Department
United Seniors of Oakland and Alameda County
Alameda County Area Agency on Aging
Alameda County Commission on Aging
Alta Bates Summit Medical Center
John Muir Medical Center
East Bay Korean Community Center
Kaiser Permanente
Spectrum Community Services
St. Mary's Center
Fremont Fire Department
Fremont Human Services
Vietnamese Senior Center
Washington Hospital Healthcare System
Lowe's Heroes
Vital Link
Alameda County Fire Department
Foundation for Osteoporosis Research and Education

**For more information
on older adult injury
prevention or SIPP
contact:**

**Alameda County Emergency Medical Services
-Injury Prevention**
A Division of the Public Health Department
1850 Fairway Drive ● San Leandro, CA 94577
(510) 618-2050/51 ● (510) 618-2099 - fax
Website: www.acgov.org -
click on "departments" then "EMS"
e-mail: alcoerns@co.alameda.ca.us
or
United Seniors of Oakland & Alameda County
(510) 729-0852

For information on senior services throughout
Alameda County call:

Area Agency on Aging:
1-800-510-2020
Alameda County Public Health Clearinghouse:
1-888-604-INFO.



Injury Prevention for Sixty-Plus Adults

FUNDING SPONSORS:

- Emergency Medical Service Authority
- California Endowment
- Goldman Foundation
- Alameda County
Area Agency on Aging
Public Health Department



Mission Statement

The Senior Injury Prevention Project (SIPP) is a coalition of non-profit and public sector agencies who are working to reduce preventable injuries to the older population in Alameda County and to raise awareness regarding the need for injury prevention programs for older adults.

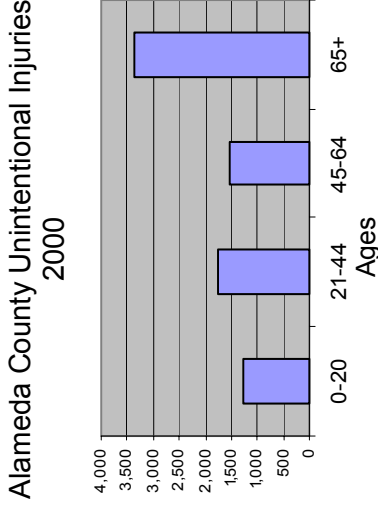
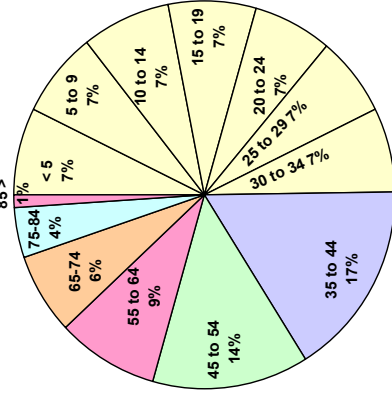
Did you know?

- Traditionally, Injury Prevention Programs have been focused solely on children.
- Sixty-plus adults are the fastest growing population in the United States.
- One third of people aged 65 and over will fall at least once each year.
- Injuries that a younger person would recover from are often the precipitating event to a downhill spiral that leads to loss of independence, depression and death for an older adult.
- Physical changes brought on by aging make it essential for the 60 plus population to be aware of safe practices for daily living.
- As their population increases, it will be crucial to have programs in place to assist older adults to live independently longer.
- Growing older does not mean that falling is inevitable.
- Year 2000 data for Alameda County show that people over the age of 65 suffered more unintentional injuries than any other age group.

U.S. Census Bureau Data

Over the next 20 years, the sixty-plus population of the United States will more than double. For the first time in history there will be more people in the United States over the age of 65 than there are under the age of 14.

"Population by Age - Year 2000"



Data Source—CA Dept. of Health Services U.S. Census Bureau

In the year 2000 people 65 years old and over represented 10.2% of the population of Alameda County. That 10% of the population accounted for 43% of the hospitalizations and deaths due to unintentional injuries.

What is SIPP doing?

- Falls have been identified as the most common cause of accidental injury to people over the age of 65. SIPP's Falls Prevention Program stresses the importance of physical fitness, behavior modification, nutrition, medication management, and home safety checks.
- Leads Falls Prevention discussion groups throughout the county
- Created an Injury Prevention Resource Directory & Falls Prevention Manual
- Created a Best Practices model for fitness centers
- Hosts an annual Senior Injury Prevention Conference