Supporting Seniors Through Fire & Fall Prevention

McHenry Township Fire Protection Dist.
Fire Prevention
65 \times 2 = 130
75 \times 3 = 225
85 \times 4 = 340
16 Key Messages
8 for Fire Prevention
8 for Fall Prevention
Senior community battery changing event

Smoke Alarm Battery Installs
SAVE THE DATE

Saturday
October 24, 2020
10:00am to 12:00pm*

*dependent on emergency calls that may occur

Dear Resident,

As a member of the Timber Trails community, you are invited to participate. In an effort to efficiently meet the needs of a large number of people in your neighborhood, and balance the daily call volume in our community, we hope you will set aside this time to be available for this service.

Please have your new 9-volt batteries ready for installation! Purchasing a 10-year Lithium Ion battery will eliminate this yearly need and we encourage you to consider this option.

Discounted Lithium Ion Batteries With This Flyer!

Interstate All Battery Center of Island Lake
333 West State Road, Island Lake
847-865-5322

Store Hours
Sunday: Closed
Monday: 8:00 AM to 6:00 PM
Tuesday: 8:00 AM to 6:00 PM
Wednesday: 8:00 AM to 6:00 PM
Thursday: 8:00 AM to 6:00 PM
Friday: 8:00 AM to 6:00 PM
Saturday: 8:00 AM to 3:00 PM
To help you can:

Change smoke alarm batteries so your Senior does not need to use a ladder. Install new smoke alarms if they are over 10 years old. Make sure there is a CO alarm on each level of the residence.

LINK to flyer for 20% off advertised smoke alarms or combination smoke alarm/CO alarm at this specific retailer only: https://www.mtfpd.org/DocumentCenter/View/1184/Smoke-Alarm-from-Ace-Hardware-flyer
Fire Extinguisher Training
Preventing Falls
Every 20 minutes an older adult dies from a fall in the United States. Many more are injured.

Stopping Elderly Accidents, Deaths & Injuries
An older adult falls every second of every day

One in four older adults reported a fall in 2014

Falls are the #1 cause of hip fractures

Stopping Elderly Accidents, Deaths & Injuries

www.cdc.gov/steadi
Room/location in home where geriatric fall injuries occur

- Bathroom: 35.7%
- Bedroom: 21.3%
- Kitchen: 15.3%
- Living Room: 13.5%
- Porch/Patio: 5.7%
- Doorway: 4.8%
- Other: 3.6%
To help you can:

Install grab bars on the wall next to bathtub, shower, and toilet. Consider installing a raised toilet seat or getting toilet support rails that provide help getting up. Shower seats are also beneficial.
To help you can:

Provide non-slip mats in the bathtub and on shower floors.
Rugs, clutter, housekeeping
Exercise regularly. Improving balance, strength, and flexibility reduce risk.

LINK to Senior exercise classes in McHenry County, Illinois:
https://seniorservicesassoc.org/locations-overview/mchenry-mchenry-county/
Community resources to support efforts...
To help you can:

Check your local fire department website about a **PREMISE ALERT FORM**. It provides for Public Safety Agencies in Illinois to save pertinent info which can be used by police, fire and EMS personnel in the event of a 911 emergency. For example, a garage entry code, medical info, special needs, etc.

MTFPD’s form  
To help you can:
You can purchase a Knox Box. It stores an entry key outside a residence in a secure unit that only the fire department has a key to access. You register the Knox Box with your local fire department.

Purchase a Knox Box Link ➔ https://www.knoxbox.com/
Get a **File of Life** so that sharing information to EMS and the hospital is easier, especially if the patient is confused, upset, or unable to communicate.

For residents of MTFPD, you can pick up a **FREE** File of Life, Mon-Fri, 8:00am-5:00pm at MTFPD Administrative Office

3710 W. Elm Street

McHenry

*Phone inquiries will receive the same info above*

Non-residents, check with your local fire department. They are also available on Amazon.com
Use this checklist to find and fix hazards in the home

<table>
<thead>
<tr>
<th>STAIRS &amp; STEPS (INDOORS &amp; OUTDOORS)</th>
<th>FLOORS</th>
<th>BEDROOMS</th>
<th>BATHROOMS</th>
<th>KITCHEN</th>
</tr>
</thead>
<tbody>
<tr>
<td>Are there papers, shoes, books, or other objects on the stairs?</td>
<td>When you walk through a room, do you have to walk around furniture?</td>
<td>Is the light near the bed hard to reach?</td>
<td>Is the tub or shower floor slippery?</td>
<td>Are the things you use often on high shelves?</td>
</tr>
<tr>
<td>□ Always keep objects off the stairs.</td>
<td>□ Ask someone to move the furniture so your path is clear.</td>
<td>□ Place a lamp close to the bed where it's easy to reach.</td>
<td>□ Put a non-slip rubber mat or self-stick strips on the floor of the tub or shower.</td>
<td>□ Keep things you use often on the lower shelves (about waist high).</td>
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<tr>
<td>Are some steps broken or uneven?</td>
<td>Do you have throw rugs on the floor?</td>
<td>Is the path from your bed to the bathroom dark?</td>
<td>Do you need some support when you get in and out of the tub, or up from the toilet?</td>
<td>Is your step stool sturdy?</td>
</tr>
<tr>
<td>□ Fix loose or uneven steps.</td>
<td>□ Remove the rugs, or use double-sided tape or a non-slip backing so the rugs won't slip.</td>
<td>□ Put in a nightlight so you can see where you're walking. Some nightlights go on by themselves after dark.</td>
<td>□ Have grab bars put in next to and inside the tub, and next to the toilet.</td>
<td>□ If you must use a step stool, get one with a bar to hold on to. Never use a chair as a step stool.</td>
</tr>
<tr>
<td>Is there a light and light switch at the top and bottom of the stairs?</td>
<td>Are there papers, shoes, books, or other objects on the floor?</td>
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<tr>
<td>□ Have an electrician put in an overhead light and light switch at the top and bottom of the stairs. You can get light switches that glow.</td>
<td>□ Pick up things that are on the floor. Always keep objects off the floor.</td>
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<tr>
<td>Has a stairway light bulb burned out?</td>
<td>Do you have to walk over or around wires or cords (like lamp, telephone, or extension cords)?</td>
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<tr>
<td>□ Have a friend or family member change the light bulb.</td>
<td>□ Coil or tape cords and wires next to the wall so you can't trip over them. If needed, have an electrician put in another outlet.</td>
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<td>Is the carpet on the steps loose or torn?</td>
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<tr>
<td>□ Make sure the carpet is firmly attached to every step, or remove the carpet and attach non-slip rubber treads to the stairs.</td>
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<tr>
<td>Are the handrails loose or broken? Is there a handrail on only one side of the stairs?</td>
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<tr>
<td>□ Fix loose handrails, or put in new ones. Make sure handrails are on both sides of the stairs, and are as long as the stairs.</td>
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</tbody>
</table>

Check out this comprehensive directory of local and federal services, agencies & programs that support Seniors!

LINK to online version

https://www.elderwerks.org/directory/index.html
How to fall to reduce injury
Resources from NFPA

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

Home Safety Checklist

Prevent Falls

☐ Yes ☐ No  Do you wipe up spilled liquids right away?
☐ Yes ☐ No  Do your throw rugs have rubber, non-skid backing?
☐ Yes ☐ No  Are there sturdy, easy-to-grip handrails on both sides of the stairs?
☐ Yes ☐ No  Do you wear sturdy, well-fitting, low-heeled shoes with non-slip soles?
☐ Yes ☐ No  Have you contacted your doctor or pharmacist if your medication affects your balance and coordination?

Prevent Fires

☐ Yes ☐ No  Do you have a visible, functioning smoke alarm on each floor?
☐ Yes ☐ No  Is your home fire escape well planned?

Prevent Injuries

☐ Yes ☐ No  Are your medications stored in a safe place?
☐ Yes ☐ No  Do you have a first aid kit nearby?

Prevent Falls

☐ Yes ☐ No  Do you use non-slip bath mats in the bathroom?
☐ Yes ☐ No  Do you have easy-to-grip handrails installed along the full length of both sides of the stairs?
Resources created for MTFPD
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Service providers who have access to a Senior’s home

Intake form
Resources created for MTFPD

Fall Prevention & Safety Tips

1. Exercise regularly to build strength and improve your balance and coordination. Ask your doctor about the best physical exercise for you.

2. Take your time. Get out of chairs slowly. Sit a moment before you get out of your bed. Stand and get your balance before you walk. Be aware of your surroundings.

3. Keep stairs and walking areas free of electrical cords, shoes, clothing, books, magazines, and other items.

4. Improve the lighting in and outside your home. Use nightlights or a flashlight to light the path between your bedroom and the bathroom. Turn on the lights before using the stairs. See an eye specialist once a year—better vision can help prevent falls.

5. Use non-slip mats in the bathtub and on shower floors. Have grab bars installed on the wall next to the bathtub, shower, and toilet. Wipe up spilled liquids immediately.

6. Be aware of uneven surfaces indoors and outdoors. If you must have scatter rugs, make sure they lay flat and do not slide when you step on them. Smooth out wrinkles and folds in carpeting. Be aware of uneven sidewalks and pavement outdoors. Ask a family member or friend to clear ice and snow from outside stairs and walkways and always use hand rails if available. Step carefully.

7. Stairways should be well lit from both the top and the bottom. Have easy-to-grip handrails installed along the full length of both sides of the stairs.

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

Name of Organization Goes Here
Contact Information Goes Here
Resources created for MTFPD

**B I N G O**

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<td>sleeves</td>
<td>stop, drop &amp; roll</td>
<td>medical</td>
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<td>timer</td>
<td>exercise</td>
<td>lid</td>
<td>oxygen</td>
<td>non-slip</td>
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<td>abilities</td>
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**REMEMBERING WHEN BINGO QUESTIONS**

Participants cover the ANSWER on each B-i-N-G-O sheet

1) Where is the safest place to smoke?  **Outside**
2) How far should space heaters be from combustibles?  **3 feet**
3) Where should you stay when frying food?  **Kitchen**
4) What should you do if your clothes catch fire?  **Stop, Drop, Roll**

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*Note:* The image contains a bingo card with various resources and safety-related items listed under each column. Participants are instructed to cover the answer to the questions on the B-I-N-G-O sheet.
IDEAS

● Plan a Senior Fair
● Have a table/booth at events for Seniors
● Walk-about events well attended by Seniors and distribute information / swag
● Distribute info to Senior living communities or facilities
● Be a guest speaker at Senior organizations
Resources

[Center for Disease Control and Prevention](https://www.cdc.gov/steadi/patient.html)

[National Institute on Aging](https://www.nia.nih.gov/health/prevent-falls-and-fractures)

Room-by-room guide to eliminate the most causes of falls
[Link](https://www.lifeline.ca/en/resources/reducing-falls-risk-home/)

[National Council on Aging](https://www.ncoa.org/healthy-aging/falls-prevention/preventing-falls-tips-for-older-adults-and-caregivers/6-steps-to-protect-your-older-loved-one-from-a-fall/)

[National Fire Protection Association](https://www.nfpa.org/Public-Education/Teaching-tools/Remembering-When)
Linda Willetts
Public Education Coordinator
McHenry Township Fire Protection District
WillettsLinda@fire.mtfpd.org