



1020 Washington St. N, Twin Falls, Idaho
208-737-5900 www.phd5.idaho.gov

November 21, 2011

PRESS RELEASE – For Immediate Release

Contact: Elvia Caldera, Health Education Specialist/Injury Prevention Coordinator, 737-5988

Fall Proof Your Home!

TWIN FALLS-Idaho public health officials encourage older adults to take steps now to improve the safety of their homes to prevent serious falls. Falls are the leading cause of accidental injury deaths among Idahoans 65 and older. Idaho EMS responded to more than 5,500 fall-related calls for that age group in 2010.

“Falls among older Idahoans can negatively affect their health and sense of security and impact the entire family,” says Elvia Caldera, Health Education Specialist at South Central Public Health District. “We know that 30 percent of adults age 65 or older who are living in their own homes fall each year. Older adults can have homes free of these common safety hazards.”

According to the Centers for Disease Control and Prevention (CDC), an older adult is treated in a hospital emergency room for a fall every 18 seconds, and every 35 minutes an older adult dies as a result of a fall-related injury. In Idaho, there is an average of 113 fall-related deaths among seniors each year.

There are a number of steps that can be taken to reduce the number of falls experienced by older adults to improve their quality of life. One easy first step is to ensure your home is fall-proof. Five easy ways to make a home fall proof include:

- Remove loose rugs and cords.
- Make sure stairwells are well-lit and have sturdy railings.
- Fix any broken or uneven steps.
- Look for and pick up clutter on the floor like magazines, boxes, blankets, etc.
- Make sure frequently used household items are on easy to reach shelves.

In addition, South Central Public Health District officials recommend that older Idahoans take advantage of the free local Fit and Fall Proof™ classes. These classes offer low to moderate intensity exercises designed to reduce the risk of falls and improve mobility, balance, and strength. The classes also offer seniors an opportunity to expand their social network.

South Central Public Health District offers free Fit and Falls Proof™ exercise classes in Carey, Eden, Gooding, Hailey, Kimberly, Oakley, Wendell, and Twin Falls. For more information, call South Central Public Health District at 737-5988 or visit our website at www.phd5.idaho.gov .

###