

Southern Arizona Falls Prevention Coalition

The Southern Arizona Fall Prevention Coalition (SAFPC) finalized an Action Plan that highlights **fall prevention strategies and goals to reduce the incidence of falls and fall related injuries for older people in Southern Arizona. The Action Plan will serve as a valuable tool and model for community centered services by linking residents and organizations together to integrate various health resources in the community.**

Mission and Goals

To reduce the incidence of falls and fall-related injuries among older people (60+) residing in Southern Arizona through community collaboration, education, outreach and advocacy.

1. Increase collaboration among community partners to coordinate referral and access to fall prevention interventions and resources in Pima County for older people (60+).
2. Improve the awareness of fall risk factors, prevention strategies and resources among older people (60+), their family caregivers, and organizations serving older people in Pima County.

Facts

Falls are the leading cause of unintentional injury-related hospitalizations, emergency department visits and deaths among Arizona citizens 65 and older.

Factors contributing to falls include decreased lower body strength, balance and endurance; complications from on-going health conditions; medications; reduced vision; and unsafe home and environment conditions.

Falling is not an inevitable result of aging. Education through evidence-based programs that focus on physical activity, better balance, medication management, vision improvement and home safety can reduce falls and costly fall related injuries.

Coalition Partners

Representatives from Pima Council on Aging, Community Home Repair Projects of Arizona (CHRP), Tai Chi for Health, Arizona Center on Aging, Local Fire Departments and Districts, Center for Rural Health, Banner University Medical Center Trauma Services, Valley Assistance Services and Pima County Health Department.

Campaign Activities 2017

Awareness and Education

- ◆ Senior Safety Series and Stay Vertical Health Fair
- ◆ Five "Morning Blend" News Segments Featuring Fall Related Risk Factors, Moving Safely, Interior and Exterior Home Safety, Community Resources
- ◆ Banner UMC Fall Prevention Presentation Series

Fall Prevention Community Resources

- ◆ A Matter of Balance
- ◆ Tai Chi for Health
- ◆ Chronic Disease Self-Management Program
- ◆ Safety and Health in Motion
- ◆ Enhanced Fitness

Fall Prevention Screenings

- ◆ Balance Screenings

Advocacy Activities

- ◆ Fall Prevention Awareness Proclamation
- Municipality Invitation



