Remembering When™

A FIRE AND FALL PREVENTION PROGRAM FOR OLDER ADULTS

At age 65, **older adults are twice as likely to be killed or injured by fires compared to the population at large.** By age 75, three times that of the general population—and to four times by age 85.

Statistics from the CDC show that falls are the leading cause of death from unintentional injury in the home. Thirty percent of people age 65 and older are involved in falls each year—some of those falls are fatal, while others permanently disable victims, often causing loss of mobility or independence.

By focusing on these two serious issues, we can make a measurable improvement in the health and well-being of older adults.

Remembering When is designed to prevent injuries among older adults and help them live safely at home based on 8 principles of Fire Prevention and Fall Prevention.

FOLLOW THE 8 PRINCIPLES OF FIRE & FALL PREVENTION

FIRE PREVENTION

- If you smoke, smoke outside
- Give space heaters space
- Stay in the kitchen when frying food
- If your clothes catch on fire: **STOP DROP & ROLL**
- Smoke alarms save lives
- Plan & practice your escape from fire/smoke
- Know your local emergency numbers
- Plan your escape around your abilities

FALL PREVENTION

- Exercise regularly
- Take your time
- Keep stairs & walking areas clear
- Improve the lighting in & outside your home
- Use non-slip mats
- Be aware of uneven surfaces
- Stairways should be well lit
- Wear sturdy, well-fitting shoes

Call the Omaha Fire Department to schedule a home visit today! 402-444-3560