



What is the Fall Prevention Program?

- Falls are a common cause of serious injury in older adults, impacting quality of life, and ability live independently. A single fall has the potential to be a permanent life altering event. The key is prevention!
- The Kitsap County Fall Prevention Program is a collaborative effort between local EMS agencies, Kitsap Aging & Long Term Care, Public Health, and Physical Therapy to reduce the number of falls in our community. This service is voluntary.

Resources in the Community:

Kitsap Aging & Long-Term Care

Serves the needs of older or disabled adults, their families and caregivers residing in Kitsap County. Our Mission is to work independently and through community partnerships to promote the well-being of older adults, adults with disabilities and their caregivers.

Phone: [(360) 337-5700]

Email: [SeniorInfo@kitsap.gov]

Knights of the Columbus

KC HELP provides standard hospital room equipment for people in need to use in their home, such as hospital type beds, over the bed tables, lift chairs, wheel chairs, bath and shower chairs and portable bathroom equipment, etc.

Phone: [360-329-2461]

Email: [kchelp.kofc@gmail.com]



Kitsap County

FALL PREVENTION PROGRAM

A collaborative effort between:



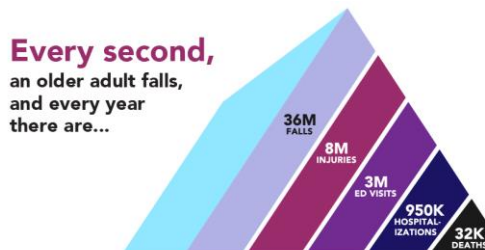


How does the Fall Prevention Program work?

When EMS is called to the scene of a fall related incident, First Responders will explain the program and offer to enroll you. Enrollment opens a line of communication between EMS and the CK CARES Team.

The CARES team will reach out with a referral to physical therapy and help coordinate an appointment.

“Over 36 million falls occur every year among older adults age 65 and older. One out of five falls causes a serious injury such as broken bones or a head injury.” -CDC



The Risk Factors for Falling:

- A history of falling
- Trouble walking or mobility problems
- Poor balance and muscle weakness
- Poor eyesight
- A cognitive impairment
- A hazardous home
- Multiple medications
- Incontinence issues