

SLIP: Senior Lifestyles & Injury Prevention



Balance Your Life 10/12/21 @ 10:30am

Unintentional falls are the leading cause of injury related death for adults, ages 65 and older. They are also the most common cause of nonfatal injuries, such as traumatic brain injury, fractures, and hospital trauma admissions. Falling is not a normal part of aging though, and research shows that through practical life style changes most falls can be prevented.

This module focuses on reducing an individual's modifiable fall risk factors, highlighting the importance of proper nutrition, amending home hazards, knowing the side effects of medications, and staying active in falls prevention.



My Home, Safe Home 11/16/21 @ 10:30am

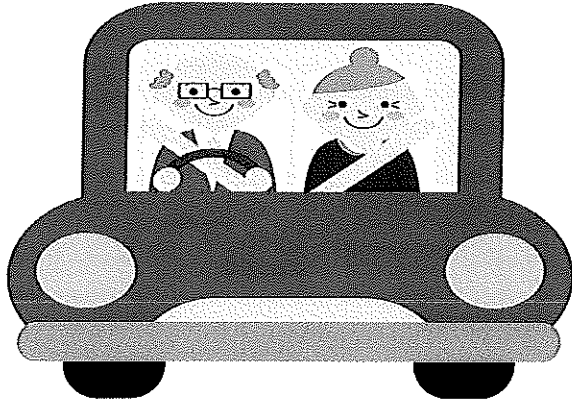
Home accidents are a major source of injuries and can in some cases even cause death. The elderly are especially vulnerable to serious injuries from home accidents. A simple fall can become a serious, disabling injury that limits independence and reduces the quality of life. In this module we will break down safety hazards room by room and provide tips on how to make "My Home" a "Safe Home".

Length: Approximately 30 minutes

**Presenter: Michelle Soho, BSN, RN- Injury Prevention
Coordinator**

Location: Redford Community Center Art Room

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On the Right Road
1/11/22 @ 10:30am

Staying mobile within the community is an important aspect in maintaining a healthy and independent life style. However, as people age it is normal for driving abilities to change. By reducing risk factors and incorporating safe driving practices, may older adults can continue to drive safely long into the senior years In this module, we will focus on the accommodations that need to made as we age, to keep older adults moving around.



Stepping Out Safely
2/15/22 @ 10:30am

Many studies have proven that there are numerous benefits to walking, such as a reduction in the risk of several health conditions and an increase in an individual's sense of well-being. However, there are potential risks associated with being a pedestrian. Increasing your awareness of potential risks can help your overall safety. In this module we will review familiar safety information that will allow you to enjoy the benefits of walking while decreasing your chance of injury.

Length: Approximately 30 minutes

**Presenter: Michelle Soho, BSN, RN- Injury Prevention
Coordinator**

Location: Redford Community Center Art Room