

Seniors Newsletter

Puget Sound Fire



To build a trusted resource for building safe and healthy communities.

Summer 2021

Prevention Is Key



Proactively preventing falls should be a vital part of every seniors life, as the data on falls for older adults show how common these incidents are. According to the Center of Disease Control and Protection (CDC), millions of people age 65 and older fall each year. In fact, more than one out of four older people fall annually. This endangers both the health and independence of older adults.

A life-threatening fall can also create a major financial strain. The CDC reports one-in-five falls cause a serious injury such as broken bones or head injury. Each year



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about 50 billion is spent on medical cost related to non-fatal fall injuries, and \$754 million is spent on fatal falls.

Falls can be brought on by many factors.

The leading cause of falls for older adults includes:

- Environmental hazards around the home
- Medication side effects
- Impaired vision
- Reduction of coordination and balance
- Chronic disorder such as Parkinson's
- Disease, rheumatoid arthritis, obstreperous, peripheral neuropathy.

Fall Safety Tips

Health Safety -Your body's health plays a significant role in fall prevention. Take control of your wellbeing by protecting yourself in the following ways:

- Schedule in an appointment with your physician for a fall risk evaluation.
- Ask you doctor or pharmacist if your medicine can cause dizziness, sedation, blurred vision or confusion.
- Make fitness a priority and maintain a healthy weight.
- Get enough quality sleep.
- Schedule a hearing exam. Even a mild degree of hearing loss triples the risk of an accidental fall.

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- Schedule a routine eye exam. Less light reaches the retina in aging eyes, making contrasting edges, tripping hazards, and obstacles harder to see.
- Avoid drinking alcohol. Mixing alcohol with medication can be a dangerous combination.

Mobility Safety—Are you able to move about your residence safely? Take a moment to examine your home and follow these essential ways to safeguard you and your surroundings:

- Install non-slip tape to tile and hardwood floors.
- Ensure all wall-to-wall carpet is

secure.

- Remove any throw or area rugs.
- Remove unnecessary floor clutter.
- Use a cane or walker for extra support and balance.
- Swap out laced shoes with Velcro sneakers.
- Wear shoes with non-slip soles.
- Avoid moving about your house in bare feet, socks, or slippers.
- For two-story homes, keep the staircases clear and have secure handrails on both sides of the stairs.



Stay Hydrated—Stay Healthy

Hydration is vital to staying healthy. There are many factors that affect the ability to maintain proper hydration. You may have a diminished sense of thirst, urinary incontinence or take medications that impact fluids stored in the body. For that reason, it is very important for you to stay hydrated regularly.

The recommended daily fluid intake to keep your body hydrated is 48 to 64 ounces or six to eight 8-ounce glasses of water each day. This may sound like a lot,

but your daily hydration requirement need not be filled entirely from the tap. Foods and beverages that contribute to your daily intake levels include milk, soup, fruit and vegetable juices, gelatin, apples, watermelon, decaffeinated soft drinks, tea and even cooked broccoli.

Consider starting your morning with water or juice and carrying a bottle of water wherever you go. Drink water before, during and after physical activity and take water breaks throughout the day. Following these hydration tips will help keep you healthy and moving, especially during extreme warm and cold weather months.

Serving the Puget Sound Fire Community



The Mobile Vaccination Team launched Jan 21, 2021 to fill a need that was identified as vaccines came available but at risk populations were having a hard time accessing the vaccine via other means. The team has played role in **3400** COVID vaccinations to date.

For additional COVID testing/vaccinations information:
<https://kingcounty.gov/depts/health/covid-19/vaccine.aspx> and
<https://kingcounty.gov/depts/health/covid-19.aspx>

King County COVID-19 Call Center: [206-477-3977](tel:206-477-3977), 8 a.m.-7 p.m.

*If you need language interpretation or online help, the following hotlines are available. Please say your preferred language when connected:

WA State COVID-19 Assistance hotline: [1-800-525-0127](tel:1-800-525-0127) or [1-888-856-5816](tel:1-888-856-5816) (then press #)
6 a.m.-10 p.m. (Monday), 6 a.m.-6 p.m. (Tuesday-Sunday)



Puget Sound Fire

How We Are Doing?



Take the online survey or give us a call @
#253.856.4300

Puget Sound Fire Survey



www.pugetsoundfire.org