



Fire and Fall Prevention for Older Adults

Program Guide and Talking Points

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USB drive

- Program Guide and Talking Points PDF
- Pre-presentation Checklist
- Fire and Fall Prevention 2 Sided Handout PDF
- Talking Points Prop Photos (12)
- Evaluation (18 font)
- Quiz (18 font)
- Resource Partnership Request Letter
- StoveTop FireStop Information
- Minnesota Area Agencies on Aging Map

Program and Toolkit Introduction and Purpose

This program is directed toward adults 55 and older as a proactive tool to prepare them as they age and to provide continued education across the spectrum.

Nationally, older adults are twice as likely to be killed or injured by fires as compared to the rest of the population. That jumps to three times the risk of the general population by age 75 and four times by age 85.

In Minnesota from 2012-2016, there have been 99 fire fatalities in adults over the age of 60. Those 99 deaths account for 42 percent of all fire fatalities in Minnesota. Often older adults do not receive regular, updated fire safety education. For example, fire safety technology and the time to escape a home fire has changed dramatically. Top causes of fire fatalities in Minnesota, among older adults, include careless smoking, combustibles too close to heat source and unattended cooking.

Falling for older adults can be associated with loss of independence, premature nursing home admission and mortality. The rate of fatal falls in Minnesota is climbing faster than the national rate. In fact, the rate in Minnesota has doubled since 2000. Preliminary data for 2016 from the Center for Disease Control's National Center for Health Statistics show that Minnesota is now fourth in the US for deaths due to unspecified falls.

Additionally, our population is aging. The number of Minnesotans turning 65 this decade will be greater than the past four decades combined. The total number of older adults in Minnesota is anticipated to double between 2010 and 2030. By then, more than one in five Minnesotans will be an older adult.

Program and Toolkit Goal

The goal of the Toolkit and Program Guide is to provide an educational resource to fire departments and community partners that will help them teach older adults how to prevent fires and falls in their home. The outcome of the goal is to save the lives and improve the quality of life of older adults. The kits are a positive way for fire departments to reach the older adult population in their community. This can help increase longevity, maintain independence, and decrease fire- and fall-related emergency calls for their fire department.

Things to Consider When Scheduling the Presentation

- Some older adults are snow birds and leave for somewhere warmer in the winter.
- Springtime is typically when people become more active.
- Fall is a good time to schedule a presentation before snow falls and ice forms.
- Check with the host site for additional suggestions on when to hold the presentation.
- Plan to stay after the presentation for refreshments and socialization.

Scheduling and Hosting the Presentation

Plan your presentation during or before:

- Coffee breaks
- Lunch
- Social hour
- Exercise class
- Activities
- Other senior meals

Plan to **socialize** with participants after the presentation for follow-up questions, allow at **least 30 minutes**.

Places to Host and Promote Presentation

- Area Agencies on Aging
- Senior centers
- Senior fairs
- Senior workshops
- Health events
- AARP events
- Meals on Wheels
- Senior Dining Sites
- Senior Housing complexes
- Community centers
- Churches
- Libraries

Check with the site to plan for snacks and beverages:

- Coffee
- Water
- Lemonade
- Cookies
- Mini snack bags
- Treats
- Fruit/veggies

Use fire/fall flyer to help promote the presentation and make sure to give it to the host site coordinator/director.

Questions to ask Host Site

Contact the site coordinator/director to determine if you will need to tailor the presentation to meet specific needs of the participants. Get some basic information prior to the presentation.

- Number of participants.
- Ages of the participants.
- Ask if there will be any participants with special needs, mobility, hearing, sight, etc.
- Where they live (high-rise, single family residence, apartment, senior facilities, etc.).
- Information about participants (caregivers, children of older adults, smokers/non-smokers, senior facility owners, managers, operators, grandparents, new immigrants etc.).
- Logistics about the location (parking, bathrooms, room location, projector, seating, etc.).
- Require a manager, facility owner/operator, or maintenance person to attend the presentation to help answer building specific questions or when residents express safety concerns.
- Ask for a copy of their fire safety policy and review it before the presentation. Also, have copies available at the presentation for residents.
- Ask if the site has a policy or how they want to handle any complaints that may arise during the presentation.
- Remind them that this is not an inspection but an educational opportunity.
- Check if your fire department has a complaint policy already in place.
- Ask where you could mail, email, or drop off a flyer to help promote the presentation.

Use the **pre-presentation checklist** on the following page or from the USB drive when you are booking space for an upcoming presentation.



FIRE AND FALL PREVENTION FOR OLDER ADULTS



Fire Department name (type or write)

PRE-PRESENTATION CHECKLIST

Contact the coordinator to determine if you will need to tailor the presentation to meet specific needs of the participants.

Suggested questions:

- How many participants will be attending: _____
- What is the average age of the participants: _____
- Will there be a microphone available: _____

Where do the majority of the participants live:

- Single family home
- High-rise
- Apartment
- Senior facility
- Other, please list _____

Require a manager, facility owner/operator, or maintenance person to attend the presentation.

Request a copy of the fire safety policy and review it before the presentation.

Contact the Regional Area Agency on Aging.

Determine if organization is providing refreshments or if it your responsibility.

Refreshment suggestions:

- Fruit/veggies
- Cookies
- Mini snack bags
- Coffee
- Water

Is the facility non-smoking:

- Yes
- No (be sure to include the optional smoking talking point)

Fire Prevention

For Older Adults



1. Stay safe in the kitchen

- Stay and look when you cook

2. Keep three feet from things that heat

- Keep things that can catch fire 3 feet from stove or heating units
- Shut off space heaters when leaving a room or sleeping

3. Make an escape plan

- Have two ways out of every room
- Plan around your abilities

4. If you smoke, smoke outside

- Smoking is the leading cause of fire deaths
- Never smoke when using or near medical oxygen



Fall Prevention

For Older Adults



1. Staying active

- Exercise regularly to build/maintain strength, endurance, and balance
- Wear sturdy shoes with non-slip soles

2. Take your time and beware of your surroundings

- Take your time to answer the door or phone
- Be aware of your pets and surroundings

3. Uneven and slippery surfaces

- Remove rugs or secure them to the floor
- Install grab bars as a precaution



4. Lighting and stairs

- Railings should be on both sides and secure
- Front doors should have an address visible, clear steps, and lighting

Tips for Working with Older Adults

As we age, our bodies change, and there are more health concerns to consider. The following are a few general health issues and concerns to focus on when working with the older adult population.

Vision:

- Beginning in the mid-40s, many adults begin to have problems seeing at close distances, especially reading.
- When reading in dim lighting writing, it is possible for the words to blur.

Tip: Try using larger print (18-point font or larger). Also see Guide for creating handouts in Appendix.

Hearing:

- Older adults have a harder time screening out background noise.
- Higher pitch and direction of sound both become harder to distinguish as we age.
- Approximately one in three adults between the ages 65 and 74 have hearing loss. Nearly half of the adults over age 75 have difficulty hearing.

Tip: Face the crowd when speaking. Use a microphone when available.

Cognitive:

- Although mental capacity generally declines as we age, do not underestimate your audience. These are often subtle and very gradual changes, and learning capacity usually remains at an efficient level well into the 80s.
- Crystallized intelligence (knowledge and skills accumulated over time) remains stable with age, but fluid intelligence (skills not based on experience and education) tends to decline.
- Focused attention remains, but divided attention (paying attention to multiple things at the same time) is more difficult.
- Recent memories or formation of new memories is more challenging with age.

Tip: Try to engage the group with questions, but keep them moving and on track. Be sure not to underestimate your audience.

How Different Generations Process Information and Learn

Traditionalist Generation: Birth year is between 1900 and 1945.

- Key characteristics:
 - Adhere to rules
 - Do not question authority; respect authority

Baby Boomer Generation: Birth year is between 1946 and 1964.

- Key characteristics:
 - Challenges authority and questions ideas/concepts
 - Very involved within their community

Generation X: Birth year is between 1965 and 1980.

- Key characteristics:
 - Highly educated and high job expectations
 - Skepticism and cynicism is common

Millennials: Birth year is between 1981 and 2000.

- Key characteristics:
 - Most educated generation and extremely tech savvy
 - Competitive and want things now

During the Presentation

There are photo props included in the toolkit. Depending on the size of your group, you may want to pass the photos around so that participants are able to see the visual aids.

Incentives are a great way to get participants to come to the workshop and to keep them engaged. Prizes will be needed for trivia winners as well (optional).

Incentives/Prize Suggestions for Attendance of Presentation or Trivia

- Pens
- Notepads
- Brochures
- Fire hats for the grandchildren
- Flashlights
- Nightlights

Introduction/Discussion Starters/Ice Breakers

Consider beginning the presentation with a few of the discussion starters to catch the participants' attention.

Always include:

- **Tell them about yourself:**
 - Name
 - Title
 - Years in your position
 - Your background on fire and fall prevention
 - Why you chose your profession

- **What are your qualifications to teach the subject matter:**
 - Share a brief personal story related to a fall or fire
 - The history of your fire department or the fire service
 - Share how falls and fire impact the community

Optional to Include:

Share information about older adult-related fires and falls in your area, Minnesota and the United States. (See Resources/Links for more information).

- **Get the conversation started by selecting three of the five Minnesota Trivia questions** (See appendix).

- **Ask participants about their experiences.** (Choose one or two questions).
 - What has changed about preparing food since you first started cooking?
 - What type of cooking do you usually do? Frying? Grilling? Baking?
 - Would anyone like to share story about a fall that has caused injury?
 - Would anyone like to share a brief story about a burn or scald? What was the aftermath of the incident?
 - Has anyone experienced fire related to cooking?

Tip you can ask the questions with a yes or no answer. They can raise hands if they want to share their story.

Tip: You can ask the questions with a yes or no answer. They can raise hands if they want to share their story.

Eight Fire and Fall Key Messages

The focus and priority is on the following eight messages. During the presentation use the talking points to explain the following eight fire and fall key messages.

Fire prevention:

- 1. Stay safe in the kitchen.**
- 2. Keep three feet from things that heat.**
- 3. Make an escape plan.**
- 4. If you smoke, smoke outside.**

Fall prevention:

- 1. Be aware of uneven surfaces/surroundings.**
- 2. Stay active.**
- 3. Light your way.**
- 4. Take your time.**

TALKING POINTS

Fire Prevention

Stay Safe in the Kitchen

PROP: POT WITH LID

- Stay and look while you cook.
- Be alert while cooking. Do not cook if you are tired or drowsy from a medication or alcohol. If you have a change in medication, do not cook alone until you know how it will affect you.
- Keep anything that can catch fire three feet away from cooking appliances (oven, stove, grill, fryer, etc.).
- When cooking, wear fitted clothing with rolled up sleeves or short sleeves.
- If a stovetop fire occurs, slide a lid over the pan, turn off the heat, and do not move the pan. Never put water on a stovetop fire. If a participant asks about baking soda, explain that this can be a dangerous choice. Baking soda can clump, which may cause the oil/grease to splatter, causing burns and spreading the fire. Hands and arms should not be put over a fire **(demonstrate how to slide the lid on the pot and turn the handles)**.
- Make sure the pots, pans, dishes, and cups you use to cook with, bake in, microwave, or place in the toaster oven are safe to use in that appliance. Refer to manufacturer's instructions.
- Read the manuals for your appliances.

PROP: TIMER

- If you are simmering, baking, roasting, or boiling food, check it regularly. If you must leave the cooking area, bring a timer to remind you there are items cooking on the kitchen.

PROP: PHOTO DEEP FAT FRYER/ TOASTER OVEN/ TOASTER COLLAGE(optional)

- Do not use paper products or parchment paper in a toaster oven.
- Only use cookware, dishes, and pans that are recommended by the manufacturer in toaster oven.
- Do not use jars, cups, or glasses in toasters ovens.
- Use aluminum foil according to manufacturer's instructions.
- Clean out the crumb tray in toasters and toaster ovens regularly.
- Do not keep your toaster or toaster oven by water sources.
- If toast gets caught in the toaster, unplug it first, and then remove the bread with something nonconductive, like a chopstick.
- Unplug your toaster before storing in an appliance cubbie/cabinet or placing a cover on it.
- If you frequently deep fry food, consider purchasing a deep fat fryer. Deep fat fryers have safety features, such as automatic shutoffs, to prevent fires.

PROP: PHOTO OF STOVE WITH OVEN/MICROWAVE COLLAGE (optional)

- Wipe up spills and grease on stovetop.
- Keep your oven clean.
- When baking, stay nearby while the food is in the oven. Use a timer to remind you when food is supposed to be done so you don't forget about it.
- If you have a fire in the oven, turn off the heat and keep the door closed.
- Do **not** store items in your oven or on the back of the stove. People may not realize the items are there before they turn it on.
- Follow package directions when cooking microwave food.
- Hot steam from a container can cause a scald burn. You should open containers away from your face.
- Heat food only in dishes or containers that are labeled as microwave safe. Using metal objects or aluminum foil in a microwave can cause a fire.
- Put the microwave in a location lower than your face if possible. This is safer because it can prevent hot food or liquid from spilling on your face.
- If you have a fire in a microwave, keep the door closed and turn it off.

PROP: POTHOLDER (optional)

- Use potholders to remove items from the microwave, toaster oven, oven, and stovetop to prevent burns.
- Replace worn-out pot holders. Never use wet pot holders; this may cause scald burns.

PROP: STOVETOP FIRESTOP SET(optional)

- Another option to help prevent the spread of fire, reduce property damage, and loss of lives is the StoveTop FireStop fire suppressors.
- These devices attach to the stove hood or under the microwave. When the flames hit the fuse, an extinguishing powder is released to put the fire out.
- Units can be purchased for approximately \$50 online, at Lowes, or Home Depot. (More information is provided on the USB drive.).

**Keep Three Feet from Things that Heat
(furnace, fireplaces, candles and space heaters)**

PROP: TAPE MEASURE

- Keep anything that can catch on fire (newspaper, blanket, curtain, etc.) at least three feet from heating source (furnace, fireplaces, candles and space heaters).
- Turn off or put out fireplaces, candles or space heaters when leaving the home or going to bed.
- Have furnaces and fireplaces serviced by a professional annually.
- Use flameless candles.
- Circle of safety: Keep kids and pets three feet away from fireplaces, candles and recreational fires.
- **Demonstrate a three-foot circle of safety using the tape measure.**

PROP: PHOTO OF SPACE HEATER

- Space heaters need space!
- Always plug space heaters directly into a wall outlet. Never use an extension cord or power strip.

Make an Escape Plan

PROP: PHOTO FRONT DOOR WITH ADDRESSE/ CLEAR STEPS/ YARD LIGHT/SECURED RAILING

In Single family homes:

- Plan your escape based on where you live.
- Plan two ways out of every room in your home. Make sure windows and doors open easily.
- Sleep with the door closed.
- Have a meeting place and let other family members and your neighbors know where it is.
- Get outside and stay outside.
- Call 9-1-1 from outside the house. Use cell phone or a neighbor's phone.
- Plan your escape around your abilities. If you have glasses, a cane, a wheelchair, or a walker, keep it near you in case a fire occurs and you need to escape. Keep a landline phone or cell phone with charger near your bed in case you are trapped and cannot escape. If you have a medical alert system, push the button and the service will send a first responder.
- Make sure your address is visible from the street.

PROP: PHOTO OF APARTMENT BUILDING/ FIRE DOORS/ FIRE SPRINKLER COLLAGE

In Apartments, Housing Facilities, Assisted Living, Etc.:

- If you are presenting to an assisted living facility or apartment building, read the facility's policy on fire and cover it in this section. Many facilities will have the residents stay in their apartment or room with the door closed. Explain the reasoning of why the facility chooses this.
 - 1 hour rated corridor
 - 2 hour rated stairwell
 - Sprinkler system
 - Fire alarm system
 - Fire door
 - Pull station (if present)
 - Do not use elevator
- Check on the facility's (or fire department's) policy on alerting others. Remind them their own safety comes first.

PROP: SMOKE ALARM

- Have working smoke alarms on every level of your home, inside bedrooms, outside sleeping areas, and in areas where you sleep.
- Make sure your smoke alarms are less than 10 years old.
- Can they hear it? If you are hard of hearing, install bed shakers or strobe lighting alarms.
- Test smoke alarms once a month. (Instead of using a ladder, use a broomstick to test the smoke alarm from the floor.).
- If there is a smoke alarm in or near the kitchen, regular cooking may cause it to go off. Move the alarm if possible. An ionization alarm should be at least 20 feet from the stove, a photoelectric alarm at least 10 feet from the stove.
- If the alarm sounds during normal cooking and there is no fire, press the hush button, open a door or window, and fan the area with a towel to circulate the air.
- Do not take down the smoke alarm or remove the battery. You may forget to replace it.
- Every time the smoke alarm sounds, treat it as a possible fire. Practice what you would do to make sure everyone reacts to the alarm and gets outside quickly and safely.
- Purchase replacement alarms that have a 10-year battery.

PROP: SPRINKLER HEAD (optional)

- Residential fire sprinklers help to protect lives by keeping the fires small.
- Sprinklers can reduce the heat, flames, and smoke produced in a fire, allowing people more time to escape.
- Automatic fire sprinklers reduce your risk of dying in a home fire by 80 percent.
- Homes can be built or retrofitted with a residential fire sprinkler system.
- Sprinkler heads discharge when they reach the discharge temperature (approximately 155 degrees for most residential structures). All sprinklers do not discharge at once. Ninety percent of fires are controlled with 1 sprinkler head.

If you Smoke, Smoke Outside (optional)

PROP: PHOTO ASHTRAY WITH AN ISLAND/O2 BOTTLE/POTTED PLANT COLLAGE

- Smoking is the number one cause of fire fatalities.
- If you smoke, smoke outside.
- Dispose of cigarettes and ashes in a deep ashtray, approved containers, or metal can with water or sand.
- Never discard cigarettes in potted plants/soil. The soil can start on fire.
- Never smoke in bed.
- Never smoke with or near medical oxygen.
- Keep oxygen tanks five feet from heat sources, open flames or electrical devices.
- If you use medical oxygen, post visible signage on your entrance door/front door/apartment door/etc.

FALL PREVENTION

Staying Active

PROP: STAY ACTIVE PICTURE/ EXERCISE EQUIPMENT COLLAGE

PROP: SHOES

- Exercise regularly. Exercising on a regular basis helps maintain strength, improve your balance and coordination, and maintain endurance.
 - Exercise 150 minutes per week (30 minutes/5 days a week)
 - Walk outside, in hallways in your building, or exercise in your chair.
 - Join a group exercise program.
 - Add strength exercises such as resistance bands, light weights, or household items.
 - Doing some activity is better than doing none.
- Wear sturdy, fitted shoes. Shoes with non-slip soles are best. These are safer than slippers or stocking feet. If wearing socks only, wear socks with the grippers.
- Talk to your pharmacist to check medications and make sure they are not affecting your balance.
- Ask your doctor what the best types of exercises are for you, or request an appointment with a physical therapist to improve strength and balance.
- Find an exercise class or program within your community can be a great way to start.

Take your Time/Be Aware of Your Surroundings

PROP: PHOTO OF DOG

PROP: PHOTO OF WALKERS AND CANE

DEMONSTRATION: GETTING OUT OF CHAIR SLOWLY

- When getting out of your chair, stand, pause, and count to five to gather your balance before starting to walk and watch for tripping hazards.
- Sit up for a moment before you get out of bed in the morning.
- Be aware of your surroundings such as pets underfoot. Train pets to go down the stairs ahead of you.
- Keep a phone or emergency medical alert near you at all times.
- If someone is at the door, take your time answering it. Yell "I'm coming." People can wait for you!
- Use a cane or walker if need to help prevent a fall.

Uneven and Slippery Surfaces

PROP: RUG/PLACEMAT

PROP: PHOTO OF INDOOR STAIRCASE WITH PROPER RAILINGS

PROP: PHOTO OF SAFE BATHROOM/ GRAB BARS/ PROPER SLIPPAGE MAT

- Be aware of uneven surfaces indoors.
- Avoid using throw and area rugs. They are a leading cause of falls.
- If you have to use throw rugs, ensure they have a rubber, non-skid backing.
- Be aware of uneven surfaces outside, such as sidewalks and pavement.
- Ask family member, neighbor or friend to clear snow and ice from outdoor stairs and walkways.
- Always take your time and step carefully when walking on uneven surfaces.
- Always use railings on the stairs or in hallways if available.
- Keep foot traffic areas clear of electrical cords, clothing, shoes, and other items.
- If there is a spill on the floor, clean it up immediately.
- Think ahead and prepare for seasonal hazards such as mud, rain, snow, ice, slush, leaves, etc.
- Install grab bars as a precaution near toilets and in showers and tubs.
- Add non-slip/grip bathmats or adhesives in showers and tubs.

Lighting and Stairs

PROP: NIGHTLIGHT

PROP: PHOTO OF FRONT DOOR WITH ADDRESS/ CLEAR STEPS/ YARD LIGHT/SECURED RAILING

- Use nightlights and/or flashlight to light the path between your bedroom and the bathroom.
- Keep a flashlight near your bed.
- Turn on the lights before using the stairs. A suggestion is to install switches at both the top and bottom of stairs.
- Your eyesight changes as you age, it is recommended to see an eye specialist once a year.
- Railings should be on both sides of stairs, both indoor and outdoor, and make sure they're secure.
- Be sure your front door has a clear, visible address, clear steps, and lighting.
- Keep stairways clear of clutter. Do not use stairways for storage.

Evaluation Options (pick from the list below)

Chose one of the four evaluation options (props, scenarios, quiz or evaluation form) below

1. Evaluate with props

Have participants choose a prop and tell one thing they learned about fall prevention or fire safety related to the prop.

2. Scenarios

Present scenarios and ask participants what they would do if they were in the situation.

Fire-related:

- **Cooking:** You just started frying bacon in the kitchen when you hear your cell phone ringing. You are expecting a call from your doctor. You think you left your phone in the bedroom. What do you do?
- **Space heater:** You are in your living room chair watching your evening show. It's cold out, so you have your space heater on. How far away should the heater be away from anything that can burn/ignite? When it is time to go to bed, what should you do with the space heater?
- **Safe escape:** It's the middle of the night and you are in bed sleeping. Your smoke alarm goes off, and you wake up and smell smoke. You have a difficult time walking without your cane, and cannot see in the dark. What are some things you should have near your bed to help escape quickly?

Fall-related:

- **Answering the door:** You were taking a nap in your favorite recliner when you were suddenly woken by the doorbell. What should you do?

Lighting: You notice that when you get up out of bed in the middle of the night to use the washroom your hallway is very dark and you have a hard time seeing where you are going. What can you do to see better in the dark hallway?
- **Slipping:** You have been wearing your slippers when you are home. You notice they are very slippery on your laminate kitchen floor. What should you do?

3. Evaluation Form *(see form below – make copies from appendix/USB drive)*

4. Evaluation quiz *(see form below – make copies from appendix/USB drive)*



FIRE AND FALL PREVENTION FOR OLDER ADULTS

Fire Department name (type or write)

Evaluation Form



Date _____

Please circle your response

Excellent Good Fair Poor

How would you rate the overall quality of the presentation?

Excellent Good Fair Poor

What is your overall rating of the presenter(s)?

Excellent Good Fair Poor

How was the length of the presentation?

Excellent Good Fair Poor

Please circle your response

Agree Disagree

My knowledge of fire prevention has increased.

Agree Disagree

My knowledge of fall prevention has increased.

Agree Disagree

I plan to use prevention tips from the presentation.

Agree Disagree

What was the most interesting thing you learned in the presentation?

What was the most useful information from the presentation?

In the past year have you experienced a fall? (Please circle)

Yes No

If yes, did you call 9-1-1? (Please circle)

Yes No

What was the result of the fall? _____

Have you experienced a fire in your residence? (Please circle) Yes No

If yes, did you call 9-1-1? (Please circle)

Yes No

What was the result of the fire? _____

Thank you

(Please use evaluation in the recommended size 18 font on the USB drive)



FALL AND FIRE PREVENTION FOR OLDER ADULTS

Fire Department name (type or write)



Quiz Sample

Name _____ Date _____

1. To prevent cooking fires on the stovetop, what should you do?

- a. Check it every three minutes.
- b. Never leave cooking unattended.
- c. Cook with a friend.
- d. Slide a lid over it.

2. When a stove top fire occurs, what should you do?

- a. Slide a lid over the pan.
- b. Turn off the stove.
- c. Leave it covered and unmoved overnight.
- d. All of the above.

3. A three-foot circle of safety should be around the...

- a. Stovetop
- b. Trees
- c. BBQ grill
- d. a and c

4. What should you do to prevent burns?

- a. Wear armor.
- b. Live in a bubble.
- c. Hire a cook.
- d. Keep pot and pan handles turned in.

5. If you spill something on the floor, what should you do?

- a. Leave it. Someone else can clean it up.

- b. Wipe it up immediately.
- c. Pretend it didn't happen.
- d. Put a towel on top of it.

6. If the doorbell rings, what should you do?

- a. Turn off the stovetop if you are cooking.
- b. Tell them you're coming and take your time getting to the door.
- c. Make sure your pet is not in your way.
- d. All of the above.

7. To prevent slipping, what type of shoes should you wear?

- a. Flip flops.
- b. Tied or tight fitting shoes.
- c. Slippers.
- d. Go-go boots.

(Please use quiz in the recommended size 18 font on the USB drive)

Referral Resources

These are some types of businesses that you can refer to older adults to that can help them make their living quarters safe.

- Older adult services
- Handyman service
- Electrician
- Fire extinguisher recycling
- Smoke alarm company
- HVAC(heating, ventilating, and air conditioning)
- Establishments or organizations that support or contribute to your fire department

Reach out to local businesses and ask them if the fire department can give out their contact information. They may even send you business cards you can put in the toolbox.

The Resource Partnership Request letter and/ or e-mail template is on page 25 as well on the USB drive.

Before you contact a business:

- Check your fire department policy for giving out referrals.
- Follow the fire department policy.
- Make sure the company is reputable.



FALL AND FIRE PREVENTION FOR OLDER ADULTS



_____ *Fire Department name (type or write)*

RESOURCE PARTNERSHIP REQUEST

Dear *Potential Partner*,

The _____ *Fire Department* is launching a program in the community to prevent fires and reduce falls in the older adult population. The program is called "Fire and Fall Prevention Toolkit for Older Adults."

The program includes an instruction guide and toolkit filled with props and pictures. The program guide provides firefighters with step-by-step instructions, tips about teaching, and a list of resources and businesses they can suggest for older adults to contact to help them install, repair, maintain, and perform safety checks on items in their home.

The _____ *Fire Department* would like to have your permission to include your business on our referral list, give out your business cards, and/or business contact information.

Some of the most common referrals given to older adults:

- Installing smoke alarms, CO alarms, grab bars, and outlets
- Repairing floors, doors, and stairs
- Secure railings, and grab bars
- Shoveling or plowing snow and ice from steps, sidewalks, and driveways
- Safety checks for electrical systems, appliances, cooking equipment, plumbing, and heating ventilation, and air conditioning
- Where to get the fire extinguisher recycled, recharged, and inspected.

Please contact us by **phone at** _____ **or email at** _____

Thank you for your time,

Your name _____

You position _____

_____ *Fire Department*

Inventory

Props

- Pot with lid
- Timer
- MSFCA pot holder
- StoveTop FireStop Set
- Tape measure
- Smoke alarm
- Fire sprinkler head
- Rug/Placemat
- Nightlight

Photos

SET 1

DEEP FAT FRYER/ TOASTER OVEN/ TOASTER COLLAGE
DOG

SET 2

STOVE WITH OVEN/MICROWAVE COLLAGE
WALKERS AND CANE

SET 3

SPACE HEATER
INDOOR STAIRCASE WITH PROPER RAILINGS

SET 4

STAY ACTIVE PICTURE/ EXERCISE EQUIPMENT COLLAGE
FRONT DOOR WITH ADDRESSE/ CLEAR STEPS/ YARD LIGHT/SECURED RAILING

SET 5

APARTMENT BUILDING/ FIRE DOORS/ FIRE SPRINKLER COLLAGE
SHOE

SET 6

ASHTRAY WITH AN ISLAND/O2 BOTTLE/POTTED PLANT COLLAGE
SAFE BATHROOM/ GRAB BARS/ PROPER SLIPPAGE MAT

Supplies

- USB/flash drive
- Tote
- Senior LinkAge Line® magnets
- Tips for First Responders

Documents

- Fire and Fall Prevention two-sided handout/flyer

USB drive

- Program Guide and Talking Points PDF
- Pre-presentation Checklist
- Fire and Fall Prevention 2 Sided Handout PDF
- Talking Points Prop Photos (12)
- Evaluation (18 font)
- Quiz (18 font)
- Resource Partnership Request Letter
- StoveTop FireStop Information
- Minnesota Area Agencies on Aging Map

Resources/Links

Note: All of these links can be found on the USB drive

Fire and Life Safety Resources

- NFPA Remembering When: Fire and Fall Prevention for Older Adults - Free Program Download
<http://www.nfpa.org/public-education/resources/education-programs/remembering-when>
- NFPA Free Safety Tip Sheets
<http://www.nfpa.org/public-education/resources/safety-tip-sheets>

Follow link to download and print tip sheets. Some of the safety tips sheets can be customized with your organization's contact information. New Tip Sheets are added to the web site on a regular basis.

Cooking

Scald Prevention

Escape Planning

People with Disabilities

Etc.

- StoveTop FireStop “How to Buy”
<http://stovetopfirestop.com/how-to-buy>

Designed as a set of two, devices attach to the stove hood or under the microwave. When the flames hit the fuse, an extinguishing powder is released causing it to rock back and forth to put the fire out.

Units can be purchased for approximately \$50 at Lowes, Home Depot, on Amazon, and others options are listed on the website. More information is provided on the USB drive.

- Smoke Alarms for People that are Deaf or Hard of Hearing
NFPA Public Education
<http://www.nfpa.org/public-education/by-topic/people-at-risk/people-with-disabilities/educational-materials/people-who-are-deaf-or-hard-of-hearing>

People who are deaf or hard-of-hearing should use alarms with strobe (flashing) lights that have been tested by an independent testing laboratory. The alarms for sleeping areas with strobe lights are required to be of a special high intensity that can wake a sleeping person.

Most major smoke alarm companies offer alarms with strobe lights. For information on availability and pricing, go to the manufacturers' Web sites.

Find a the links to manufacturers, distributors, and retailers of smoke alarms that meet U.L. standard 1971 for people who are deaf or hard of hearing include:

BRK Electronics

Gentex Corporation

Kidde Fire Safety

- American Red Cross
<http://www.redcross.org/>
- The Salvation Army Minneapolis
<http://minneapolis.satruck.org/>
- The Salvation Army
<http://satruck.org/>

- Minnesota Fair Plan
<https://www.mnfairplan.org/>
 Provides owners and tenants of individual residences, small business owners, farmers and co-op residents an opportunity to purchase limited property or homeowners insurance when they are unable to do so in the voluntary market.
- Minnesota State Fire Chief Association-MSFCA
<http://www.msfca.org/>
- Minnesota State Fire Marshal
<https://dps.mn.gov/divisions/sfm/Pages/default.aspx>
- MN Chapter of the National Fire Sprinkler Association, Minnesota Chapter
www.nfsamn.org/
- File of Life
<http://www.folife.org/>
- Vial of Life
<http://www.vialoflife.com/>
- Recipe Book for Kitchen Fire Safety Booklet
http://c.ymcdn.com/sites/www.msfca.org/resource/resmgr/Files/MSFCA_recipe_book_for_kitche.pdf
 Copies can be printed off of MSFCA web site.
 Fire Departments can add their logo to the front.
 The MSFCA Logo cannot be removed from the front
 No verbiage can be added, removed, or changed.
 Template and printing available at:

Riverfront Printing

Contact: Cindy Steinert

128 Holmes St S,

Shakopee, MN 55379

952-496-0202

www.riverfrontprintion.com

Fall Prevention and Older Adult Related Resources

- AARP-American Association of Retired Persons
<http://www.aarp.org/>

AARP is a nonprofit, nonpartisan, social welfare organization that helps people turn their goals and dreams into real possibilities, strengthens communities and fights for the issues that matter most to families — such as health care, employment and income security, and protection from financial abuse.

- Area Agencies on Aging
<http://mn4a.org/aaas/>

Area Agencies on Aging are non-profit organizations designated by the Minnesota Board on Aging (MBA). In partnership with public and private organizations, the Area Agencies on Aging help older adults age successfully by building community capacity, advocating for aging issues, maximizing service effectiveness, and linking people with information. Please see below for the Area Agencies on Aging in your county. (Please see attached PDF)

- Arrowhead Area Agency on Aging
 - Counties Served: Aitkin, Carlton, Itasca, Koochiching, Lake, and St. Louis
 - Phone Number: 218-722-5545
 - Website: <https://www.arrowheadaging.org/>
- Central Minnesota Council on Aging
 - Counties Served: Benton, Cass, Chisago, Crow Wing, Isanti, Kanabec, Mille Lacs, Morrison, Pine, Sherburne, Stearns, Todd, Wadena, Wright
 - Phone Number: 320-253-9349
 - Website: <http://www.cmcoa.org/>
- Land of the Dancing Sky Area Agency on Aging
 - Counties Served: Becker, Beltrami, Clay, Clearwater, Douglas, Grant, Hubbard, Kittson, Lake of the Woods, Mahnomen, Marshall, Norman, Otter Tail, Pennington, Polk, Pope, Red Lake, Roseau, Stevens, Traverse, Wilkin
 - Phone Number: 218-745-6733
 - Website: <https://www.dancingskyaaa.org/>
- Metropolitan Area Agency on Aging
 - Counties Served: Anoka, Carver, Dakota, Hennepin, Ramsey, Scott, Washington
 - Phone Number: 651-641-8612
 - Website: <http://metroaging.org/>

- Minnesota River Area Agency on Aging
 - Counties Served: Big Stone, Blue Earth, Brown, Chippewa, Cottonwood, Faribault, Chippewa, Cottonwood, Faribault, Jackson, Kandiyohi, Lac Qui Parle, Le Sueur, Lincoln, Lyon, Martin, McLeod, Meeker, Murray, Nicollet, Nobles, Pipestone, Redwood, Renville, Rock, Sibley, Swift, Waseca, Watonwan, Yellow Medicine
 - Phone Number: 507-387-1256
 - Website: <https://mnraaa.org/>
- Southeastern Minnesota Area Agency on Aging
 - Counties Served: Dodge, Fillmore, Freeborn, Goodhue, Houston, Mower, Olmsted, Rice, Steele, Wabasha, Winona
 - Phone Number: 507-288-6944
 - Website: <http://semaaarochestermn.org/>
- Minnesota Chippewa Tribe Area Agency on Aging
 - Reservations Served: Bois Forte, Grand Portage, Leech Lake, White Earth
 - Phone Number: 218-335-8586
 - Website: https://www.mnchippewatribe.org/elder_services.html

- Generational Differences Breakdown Chart:
<http://www.wmfc.org/uploads/GenerationalDifferencesChart.pdf>

- Meal on Wheels America

Meals on Wheels Programs provide nutritious, freshly made meals directly to older adults homes.

<http://www.mealsonwheelsamerica.org/>

- MN Department of Health Deaf and Hard of Hearing Resources

DHS provides services and information to help Minnesotans who are deaf, deafblind, and hard of hearing and their families.

<https://mn.gov/dhs/people-we-serve/adults/services/deaf-hard-of-hearing/>

- National Association of the Deaf (NAD)

NAD is the nation’s premier civil rights organization of, by, and for deaf and hard-of-hearing individuals in the United States of America.

<https://www.nad.org/resources/>

- Senior LinkAge Line®

Statewide information, assistance, and decision support provided through the Area Agencies on Aging in Minnesota. Senior Linkage Line® helps connect older adults to the services within their community.

Examples include:

Transportation, Housing, Prescription Assistance Programs, Medicare Part D, Home Health Care, Housekeeping, Hospice, Caregiver Support, Legal Assistance, Financial Assistance, Minor Home Repair, Medicare Health Insurance Counseling, Home Delivered Meals and Senior Dining, Food Shelves, Volunteering, and Assistance for Applying for Programs.

Phone Number: 1-800-333-2433

Website: www.MinnesotaHelp.info

Donation Credits/Acknowledgments

Minnesota Fair Plan

Provided a grant to make the Fire and Fall Prevention for Older Adult Program and Toolkits possible.

<https://www.mnfairplan.org/>

612-338-7584

800-524-1640

1128 Harmom Pl. STE 311

Mpls, MN 55403-2041

Stovetop FireStop

Donated the StoveTop FireStops for the toolkits

<http://stovetopfirestop.com/>

888-616-7976

stfs@stovetopfirestop.com

200 Greenleaf Street

Fort Worth, TX 76107

MN Chapter of the National Fire Sprinkler Association, Minnesota Chapter

Donated the fire sprinkler heads for the toolkits

www.nfsamn.org/

The Central MN Council on Aging

Donated Senior LinkAge Line® magnets and Tips for First Responders booklets

www.cmcoa.org

1-800-333-2433

250 Riverside Ave, N STE 300

Sartell, MN 56377

The MSFCA Fire & Fall Prevention Toolkit Committee

John Babin: MSFCA Public Education Committee Chair Person, Savage Fire Dept.

Kellie Murphy-Ringate: MSFCA Fire & Fall Prevention Toolkit Chair Person, Excelsior Fire Dist.

Amanda Swenson MSFCA Fire & Fall Prevention Toolkit Committee, State Fire Marshal Office

Emma Shepard MSFCA Fire & Fall Prevention Toolkit Committee, Central MN Council on Aging

Nancy Schmelzle MSFCA Fire & Fall Prevention Toolkit Committee, St. Louis Park Fire Dept.

Eric Lind: MSFCA Fire & Fall Prevention Toolkit Committee, Maple Grove Fire Dept.

Kylie Goenner: MSFCA Fire & Fall Prevention Toolkit Committee, Central MN Council on Aging

Sarah Buhs: MSFCA Fire & Fall Prevention Toolkit Committee, Cloquet Area Fire District

Bethany Brunsell: MSFCA Fire & Fall Prevention Toolkit Committee, Maple Grove Fire Dept.

Jeremy Berger : MSFCA Fire & Fall Prevention Toolkit Committee, St. Paul Fire Department

Onna Belter: MSFCA Fire & Fall Prevention Toolkit Committee SBM Fire Dept.

Appendix

Guide for Creating Handouts

Like it or not, our bodies change as we get older. For many seniors, with age comes increasing farsightedness, which means difficulty in seeing objects that are close by. Farsightedness can make reading more challenging.

Senior-friendly design choices will make your typeset copy lead to communication, not frustration. Follow these guidelines to help keep reading a pleasure for your senior audience, and to enhance their understanding and absorption of your message as well.

Typestyle

Use simple, easy-to-read typefaces; avoid scripts and decorative typestyles. Keep the number of fonts per page to a minimum.

Type Size

Choose your text size generously, with extra leading to increase readability. A minimum of 12 point text on 14 points of leading is a good rule of thumb, although exact sizes may vary depending on the typeface that you choose. (ADA recommends 18 point font)

Text Length

Avoid long blocks of text by breaking copy into chunks wherever possible. Consider using subheads, bulleted lists and boxes to organize content.

White Space

Incorporate lots of white space to reduce eye fatigue. Add space in the margins, between text sections and around graphics.

Emphasis

Use boldface to emphasize a word or a small group of words. Keep use of italics to a minimum; research indicates that italic type is 18 percent more difficult to read than Roman (upright) letters.

Color

Black type on a white or very light background is the most accessible for senior eyes. Avoid reverse or drop-out text, which is more difficult to read. Maintain high contrast and keep medium-value colors to a minimum.

Minnesota Trivia

- What was the name of the fictional Minnesota town popularized by Garrison Keillor in Prairie Home Companion? – Lake Wobegon
- What were the call letters of the television station in the Mary Tyler Moore Show? – WJM or WJM-TV
- What Minnesota native created the “Peanuts” comic strip? –Charles Schultz
- What fire is called the worst natural disaster in Minnesota history burning as many as 38 communities and 250,000 acres? –Cloquet Fire (or Cloquet Moose Lake Fire)
- The second worst fire in Minnesota history burned in 1894 and claimed at least 418 lives is called? –The Great Hinckley Fire
- In what Minnesota city was the Stratford Hotel which burned 1977 killing 16 people? –Breckenridge
- In Minnesota what is the top cause of residential fires? – Cooking
- What is the highest point in Minnesota? –Eagle Mountain
- What is the Minnesota state grain? – Wild Rice
- What is Minnesota’s state fish? –Walleye
- What department store was destroyed in a Thanksgiving Day arson fire in 1982? –Donaldson’s
- What percent of falls result in moderate to severe injuries that reduce mobility and independence? – 20-30%
- What state is ranked third highest in the nation for fall injuries and fall death?
 - A. Florida
 - B. Iowa
 - C. Minnesota**
 - D. New York
- In what year did Molly Williams become the first female firefighter in the U.S.?
 - A. 1818**
 - B. 1895
 - C. 1940
 - D. 1972