

Public Education Division  
Valley Regional Fire Authority  
1101 D St. NE  
Auburn, WA 98002

Valley Regional Fire  
Authority

**Fall  
Prevention  
Tips and  
Home  
Safety  
Evaluation**



Senior Resource Telephone Numbers

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Senior Information and Assistance Line:	1-888-435-3377
Senior Services of Seattle/King County:	206-448-5767
Reservations for ACCESS Van Service:	206-205-5000
Volunteer Transportation:	206-448-5740
Medicare Billing Help:	425-226-4653
Senior Rights Assistance:	206-448-5720
Legal Services:	206-340-2593
Energy Assistance Program:	1-800-348-7144
City of Auburn Housing Repair:	253-931-3099
Senior Employment Service/AARP:	206-624-6698
Auburn Senior Activity Center:	253-931-3016
Pacific Senior Center:	253-929-1151
Affordable Hearing Aids, Lions Club:	1-866-546-6243
Meals on Wheels:	206-448-5767
Community Services for the Blind/Partial Sight:	1-800-458-4888

**Dear Citizen,**



You are receiving this information because you have recently experienced a fall requiring emergency medical service assistance. The Valley Regional Fire Authority hopes to provide you with tools to reduce your future risk of falling. Read on for things you can do to prevent falls.

**Have your health care provider review your medicines**

Ask your doctor or pharmacist to review all the medicines you take, even over-the-counter medicines. As you get older, the way medicines work in your body can change. Some medicines, or combinations of medicines, can make you sleepy or dizzy and can cause you to fall.

**Have your vision checked**

Have your eyes checked by an eye doctor at least once

a year. Poor vision can increase your chances of falling. You may need your vision prescription adjusted or have a condition like glaucoma or cataracts that affects your sight.

**Begin a regular exercise program**

Exercise is one of the most important ways to lower your chances of falling. It makes you stronger and helps you feel better. Exercises that improve balance and coordination are most helpful. Ask your doctor about the best type of exercise program for you.

**Make your home safer**

Remove things you could trip over from stairs and places where you walk. Remove small throw rugs or use double-sided tape to keep the rugs from slipping. Keep items you use often in places you can reach easily without a step stool. Have grab bars put in next to your toilet and in the tub or shower. Use non-slip mats in the bathtub and on shower floors. Improve the lighting in your home, just be sure the light bulbs do not exceed the maximum wattage for the light fixture. Hang light-weight curtains or shades on windows to reduce glare. Have handrails and lights in all

staircases. Wear shoes both inside and outside the house. Avoid being barefoot or wearing slippers.

***Would you like a free personal and home safety evaluation?***

Trained staff from King County Emergency Medical Services (EMS) are available to assess your risk for falling and survey your home for safety. You will receive recommendations for preventing falls and possibly installation of assistive devices that can reduce your risk for falls free of charge.

If you would like to request a free evaluation of your fall risk in your home, please complete the information panel to the right, tear off and return to a VRFA staff member or mail it. Your information will only be shared with King County Emergency Medical Services so they may contact you for an appointment. If you have questions about this program, please contact our Public Education Division at 253-288-5800.

I would like to request a free personal and home safety evaluation and authorize King County Emergency Medical Services to contact me for an appointment.

Name:

Signature:

Address:

Phone:

Date: