PREVENTING ELDERLY FALLS IN SARATOGA, WYOMING
HANNAH PHILLIPS, MS2 – RUOP 2014 UWSOM

Purpose:
Educate seniors (age 65+) on fall prevention by:
• Changing the physical layout and making alterations to their home
• Encouraging physical activity for strength

Background:
• 1,700 year-round residents
• Large senior population
• No options for assisted living
• Very limited in home care options
• Many single senior females living alone into their 80’s and 90’s

Methods:
• Observing the senior patients in the clinic and nursing home
• Literature review indicated need for multiple approaches, ie.
  Physical intervention with exercise
• Partnered with the Senior Center

Results:
• Presentation at Saratoga Senior Center discussing fall prevention and exercise options in this community
• 25 people attended
• Large print handouts were distributed
• Many were aware of interventions, some were not

Discussion:
• Multifactorial approach -- home modification and exercise
• Many seniors are aware of fall risk
• The handouts were received well
• Offering fitness classes at the senior center (yoga, Tai Chi) may be an option later
• There is a need for increased involvement of non-profits in town who are able to assist seniors with obtaining equipment. Ie. Toilet extenders, walkers, canes, etc

Making house calls.