

Leading cause of death for older adults in Cedar Rapids, IA

In Cedar Rapids there have been 5 fire deaths in the last 5 years, with 3 of those persons being over age 65. At age 65, older adults are twice as likely to be killed or injured by fires compared to the population at large. By age 75, the risk increases to 3 times that of the general population – 4 times by age 85.

According to the CDC, falls are the leading cause of death from unintentional injury in the home. Thirty percent of people age 65 and older are involved in falls each year. Of the people injured, some falls are fatal or include permanent disability and/or loss of mobility.



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Cedar Rapids Fire
Department

Remembering When:
*A fire prevention
program for older
adults.*



*Working together to make Cedar
Rapids a safer community.*

EMERGENCY: Call 9-1-1
ROUTINE QUESTIONS:
Call 319.286.5243

Safety in the home

Community Risk Reduction A Public Education Program



Firefighter/Paramedic Julie

The Cedar Rapids Fire Department provides a variety of services to older adults in their homes. *Below are some of them:*

- ◇ Call **319.286.5277** for a home visit and safety review and/or group meeting.
- ◇ We test, replace smoke alarms, batteries. *
- ◇ We discuss additional ways to be safe in the home (such preventing as accidental falls).

**Some smoke alarms require a professional electrician to replace them.*

Home Safety: Be Prepared!

Install a Knox-Box This a small, wall-mounted safe that holds building keys for emergency personnel to retrieve in emergency situations.

Kitchen The leading cause of home fires is when people leave *cooking unattended*.

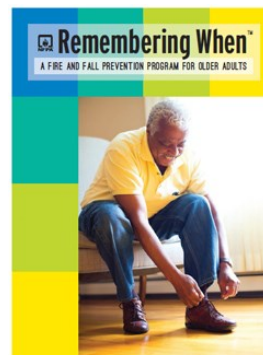
Smoking Another cause of home fires is smoking in the home. *Smoke outside whenever possible.*

Home safety Accidental falls are one of the top reasons for injury/death in older adults. *Assess your home for safety concerns.*

Escape planning Learn the steps to create and practice a *home fire escape plan*.

Hoarding and fire safety Hoarding behavior can cause serious fires, injuries, and deaths.

Medical oxygen Portable medical oxygen in the home has grown over the past decade and *can become a safety hazard*.



Other Resources:

- ◇ **Iowa Department of Aging:** This agency is mandated by federal and state law to implement evidence-based programs that improve the quality of life and care for older lowans **800-532-3213** www.lifelonglinks.org
- ◇ **Heritage Area Agency on Aging:** The Heritage Agency has the knowledge and expertise to help older adults, persons with disabilities, their caregivers and families **319.398.5559**
- ◇ **Aging Services:** Provides services & resources for older adults to help them remain independent lives **319.398.3644**
- ◇ **United Way of East Central Iowa:** Connect with Free health and human services **-2-1-1**
- ◇ **Matthew 25** an independent, local 501(c)(3) nonprofit organization, to help strengthen and elevate neighborhoods on the west side of Cedar Rapids, Iowa. **(319) 362-2214**
- ◇ **Green Iowa AmeriCorps** Helping make lowans more energy efficient through low-impact home weatherization, energy education, and community outreach. **319-362-2214 (ext:6)**