

## 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.*



**CEDAR RAPIDS**  
City of Five Seasons®

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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 319.286.5166

## 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 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*.

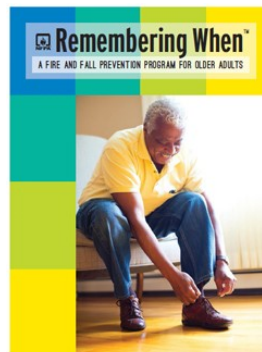
Smoking Another cause of home fires is smoking in the home. *Smoke outside whenever possible*.

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:

- ◇ **Safety Scoop:** A free program that is held on the 4th Wednesday, 11 am—12 noon each month at the Central Fire Station, 713 1st Avenue SE.



- ◇ **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 Iowans **800-532-3213** [www.lifelonglinks.org](http://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**
- ◇ **Family Caregiver Resource Center:** Comprehensive resources serving family caregivers caring for adults. Services are available for caregivers regardless of their hospital or physician affiliation. **319.221.8866**
- ◇ **W.R.A.P.** (wheelchair ramp accessibility program): **319.369.7377**