SENIOR INJURY PREVENTION PARTNERSHIP

SIPP is a coalition of organizations led by the Alameda County Public Health Department who are working together to reduce older adult injuries.

Fall Prevention Discussion Groups:

The purpose of the Falls Discussion Groups is to promote awareness regarding factors that can increase an older adult’s risk of falling and to share information on how to decrease or eliminate unnecessary risks.

The Discussion Groups create a safe environment for older adults to talk about their experiences around falling and to share solutions for identifying safe ways to accomplish daily activities. They are interactive, lively exchanges of information facilitated by members of the Senior Injury Prevention Program (SIPP). Each Falls Discussion Group attendee will receive a free Falls Prevention Manual.

Older Driver Safety Discussion Groups:

Trained Experts from the Alameda County Public Health Department’s Senior Injury Prevention Program who are partnering in the DriveWell program with the American Society on Aging will lead an interactive discussion to help you:

- Learn more about what you can do to maintain your driving skills
- Encourage older drivers to take charge of their driving safety
- Promote community conversations for driver safety
- Participate in an open discussion about the issue of mobility as we age
- Obtain information about local driving and mobility resources
**Emergency Preparedness Discussion Groups:**

The EPDG will use the same basic structure as the existing Falls Prevention and Driving Safety Discussion Groups. Easy to read packets will be distributed to attendees describing the preparations older adults can make so that they will be organized and equipped to cope with emergency situations. The packet will include:

- A list of potential items for personal “Go Kits”
- Instructions for developing communication plans
- Forms for helping to organize preparations
- Information on issues that may arise concerning pets

Discussion group leaders will go over the materials and lead a discussion on potential scenarios and the benefits of being prepared. The leader will also display the contents of their “Go Kit” to show that, for the most part, it is made up of items most of us already have in our homes.

**Bone Density Screenings:**

For locations that have previously hosted a Falls Prevention Discussion Group, SIPP is also offering an opportunity to schedule a bone density screening event. A SIPP staff person will screen each attendee using an Achilles Densitometer. The screening is done using the participant’s foot and will require the removal of shoe and sock.

Each participant will receive a print out of the results of their screening. When the results are outside of the listed normal range, the participant will also receive a printed form to take with them to their next doctor’s appointment.

All the services listed above can be arranged free of charge for groups of 12 or more upon request. For more information please contact:

Colleen Campbell at (510) 577-3535  
Email: CCAMPBEL2@ACGOV.ORG  
Tina Scott at (510) 618-2045  
Email: Tina.Scott@acgov.org  
Godfrey Wilson at (510) 618-2028  
Email: Godfrey.Wilson@acgov.org