

In addition to participating in the CHIPPS program, here are some tips to help prevent falls:

- ✓ get regular check-ups
- ✓ get your eyes checked regularly and update prescription glasses as needed
- ✓ be aware of your environment at home and on the street.
- ✓ exercise regularly with the advice of your doctor or other health provider. Remember, you can also exercise sitting down or laying down: Any way is great.
- ✓ Have a pharmacist or doctor review your list of medications; carry the list with you and update it regularly.
- ✓ Use a pillbox to keep track of your medications.
- ✓ Throw out throw rugs – they are a tripping hazard.
- ✓ Remove clutter from your home – especially on the stairs.
- ✓ Keep your water heater temperature no higher than 120 degrees.
- ✓ Make sure your home is well lit, especially the stairs.

**Community and Home Injury
Prevention Program for Seniors (CHIPPS)**
30 Van Ness Ave., Suite 2300
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CHIPPS
Community & Home
Injury Prevention
Program for Seniors

San Francisco
Department of Public Health
Community Health
Education Section

CHIPPS



The Community and Home Injury Prevention Program for Seniors (CHIPPS)

provides educational presentations, workshops, home assessments and small

home modifications to San Francisco seniors.

ALL SERVICES ARE FREE.

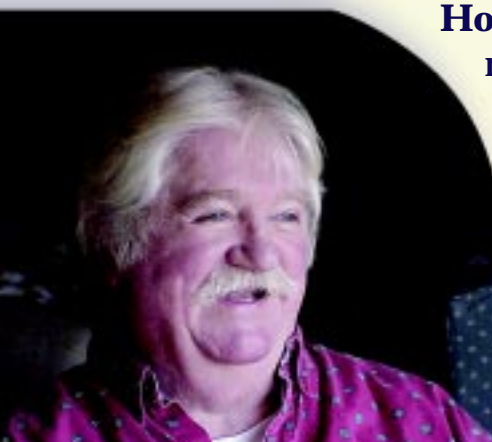
Eligibility requirements:

- ✓ Attend a home safety presentation
- ✓ Sign up for home assessment
- ✓ Live in San Francisco
- ✓ Renter or homeowner
- ✓ 65-years-old or above

Presentations are given throughout San Francisco. At the presentation, we discuss practical things you can do to prevent injury. If you would like to schedule a presentation or want to know when and where the next presentation will be, call the number listed on the back of this brochure.

Home surveys are done by your request by signing up at an educational presentation.

A trained injury prevention specialist from CHIPPS will walk through each room of your home with you. Potential



hazards will be pointed out and suggestions for increased safety will be made.

Home modifications are small repairs or safety improvements. They include: night lights, bath mats, power strips, extension cords, clamp-on grab bars, tightening banisters, drill-in grab bars and smoke detectors. All modifications are provided and installed for free.

CHIPPS is a **prevention** program. If you are in great shape, very active and self sufficient, **THIS PROGRAM IS FOR YOU.**

If you think: "I'm still in good shape;" "I can get around just fine;" or "I'm not that bad yet," **THIS PROGRAM IS FOR YOU.**

The most likely injury leading to hospitalization or death for a senior is a fall. The most likely place for a senior to fall is in their own home.

REMEMBER:

FALLS ARE PREVENTABLE.

Small home repairs and modifications can make a big difference. The CHIPPS program is free.

Act now! Keep yourself safe and injury free!

