

CHIPPS COMMUNITY & HOME INJURY PREVENTION PROGRAM FOR SENIORS

Injury Prevention Safety Tips:

1. Get regular medical checkups.
2. Get your eyes checked regularly and update prescription glasses as needed.
3. Exercise regularly with the advice of your doctor or other health provider. (Remember, you can also exercise sitting or lying down: any way is great.)
4. Have a pharmacist or doctor review your list of medications. Carry the list with you and update it regularly.
5. Use a pillbox to keep track of your medications.
6. Throw out throw rugs – they are a tripping hazard.
7. Remove clutter from your home – especially on the stairs.
8. Keep your water heater temperature no higher than 120 degrees.
9. Make sure your home is well lit, especially the stairs.

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Be Safe and
Prevent Falls
in Your Home



Falls are not just a normal part of aging. You can take steps to prevent them!

Falls are the leading cause of injury leading to hospitalization or death for seniors (CDC)*, and the most likely place for seniors to fall is in their own home. The good news is that small home repairs and behavior modifications can reduce your risk of falls and injury. Even if you are in great shape, very active and self-sufficient, you can reduce your risk of falls and injury.

Falls can impact your quality of life, even if you are not injured. A growing number of older adults fear falling and, as a result, limit their activities and social engagements. This can result in further physical decline, depression, social isolation, and feelings of helplessness. (National Council on Aging).

CHIPPS Home Safety Assessments are FREE to those:

- 60-years or older or have a disability
- Live in San Francisco
- Renter or homeowner

Minor Home Safety Modifications are FREE to those:

- Have completed the home safety assessment
- Meet income eligibility.
- Referrals to private contractors are available for those who do not meet income eligibility.

*(CDC, CENTERS OF DISEASE CONTROL)

Who We Are

The Community and Home Injury Prevention Program for Seniors (CHIPPS) is a prevention program committed to working with seniors to help them prevent injuries and remain living independently in their homes.

Services We Offer

CHIPPS provides injury prevention education, home safety assessments, and small home safety modifications for seniors in San Francisco.

Home Safety Assessments

A CHIPPS representative will go to your home and walk through each room with you, make note of potential hazards, and will make recommendations to create a safer home environment. CHIPPS provides night-lights, bath mats, and extension cords as needed to make your home safer.

To request a Home Safety Assessment:

Call 628-206-7695 or submit a referral form

<http://bit.ly/CHIPPSReferralForm>

Minor Home Safety Modifications

After the home safety assessment is completed, the representative will make recommendations and referrals for free small repairs or safety improvements in your home. These recommendations may include installing grab bars, handrails, carbon monoxide and smoke detectors, and other safety items.

Injury Prevention Education

CHIPPS provides educational presentations with practical tools and changes around behavior and home environments that seniors can use to prevent injury. These presentations are offered at Senior Centers throughout San Francisco. One-on-one safety education also takes place during the home assessment.