

# Falls Prevention Aftercare Items

According to the Center for Disease Control, 3 million older people are treated in emergency departments for fall injuries each year. Falling once doubles your chances of falling again.

Below is a list of the items in this bag, a short description and instructions on how to use each item. These items are meant to help those with previous falls strengthen their understanding of what causes a fall and to help prevent future falls. These items and their instructions are not meant to take the place of doctor's orders.

**Yellow Dot Program:** Yellow Dot is a free program designed to help first responders provide life-saving medical attention during the first "golden hour" after a crash or other emergency. The Yellow Dot kit contains a medical information card and a Yellow Dot decal.

**CarFit Information:** CarFit is an educational program that offers older adults the opportunity to check how well their personal vehicles "fit" them.

**Prevent Falls Brochure and Six Steps to Prevent a Fall Rack Card:** These items hold helpful hints on how to prevent falls in your home. Some of the items in these brochures are included in this bag.

**Reflective Light and Whistle:** This light-whistle combo is designed to be worn as a lanyard. If a fall occurs, an individual is able to whistle for help or use the flashing emergency light to gain attention.

**Stress Toy/Brain:** Weakness is a major factor in falls and after recovery the body can be weaker than prior to a fall. This stress ball will remind you to keep building your strength.

**Large Chamois:** An easy way to quickly clean up spills, this absorbent cloth will hold large amount of liquid, making clean up easy.

**Medication Key Point Card:** This card is designed to keep track of all current medications.

**Bathtub Anti Slip Adhesive Safety Treads:** These stickers are placed in the bottom of your bath or shower and help to create traction and prevent slipping.

**Emergency Nightlight:** This nightlight is meant to light your bathroom or hallway at night. It will illuminate any tripping hazards such as rugs, stairwells, animals, etc.

American Trauma Society, Pennsylvania Division  
2 Flowers Dr.; Mechanicsburg, PA 17050  
717-766-1616 atspa@atspa.org  
www.atspa.org

