

Hazard: Falls Associated with Baths, etc.

Identity of Hazard(s): This includes any fall associated with a bath, shower or similar facility. Falls most frequently occur when getting into or out of the bath due to lack of slip resistant surfaces in baths and showers. Awkward siting of water taps and inadequate space immediately adjacent to the bath or shower may also increase the likelihood of a fall.¹

Primary Health Outcome(s): Bruising, fracture, head, brain and spinal injury¹

Health Alert! Each year, one in every three adults ages 65 or older falls and 2 million are treated in emergency departments for fall-related injuries. And the risk of falling increases with each decade of life. The long-term consequences of fall injuries, such as hip fractures and traumatic brain injuries (TBI), can impact the health and independence of older adults.²

Gain Control: Actions You Can Take²

- Put grab bars inside and next to the tub or shower and next to your toilet.
 - Use non-slip mats in the bathtub and on shower floors.
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Local Resources for Detroit Residents:

- Environmental Modifications such as grab bars for the bath can be provided by Medicaid Services if eligible.
- If you are not eligible for Medicaid and want to talk with someone about what services and resources are available where you live, call the Detroit Area Agency on Aging at (313) 446-4444.
- If renting, call Detroit Buildings, Safety Engineering and Environmental Department (BSEED): (313) 628-2451
- Detroit Planning and Development Department (CDBG Home Repair Program): (313) 224-3461
 - Must be homeowner with homeowners insurance and be current on property taxes
- Young Detroit Builders (for low cost carpentry): (313) 964-2763

¹http://portal.hud.gov/hudportal/documents/huddoc?id=operating_guidance_hhrs_v1.pdf

²<http://www.cdc.gov/Features/OlderAmericans/>