

BOISE FIRE DEPARTMENT STAYING SAFE AT HOME

A FALL PREVENTION RESOURCE GUIDE



BOISE FIRE DEPT - PUBLIC EDUCATION DIVISION

333 N. Mark Stall Place Boise, Idaho 83704 | 208-570-6500

CITYOFBOISE.ORG/FIRE



DEAR COMMUNITY MEMBER,

As part of our ongoing efforts to support the health and safety of older adults in our community, we're pleased to share information on a very important topic: fall prevention.

Thousands of older adults experience falls at home each year. Most falls can be prevented with small changes and increased awareness. Whether you're living independently, caring for a loved one, or simply planning ahead, we want to ensure you have access to helpful tools and support.

Enclosed in this packet, you'll find resources designed to help reduce your risk of falls and support safe aging at home, including:

- Common Risk Factors for Falls
- A Home Safety Checklist to help you identify and fix common fall hazards
- Fall Prevention Self-Assessment
- Contact information for local programs that offer free or low-cost home safety modifications
- Information on Fit & Fall Proof™ classes offered near you

We encourage you to take a few moments to review these materials, and please share them with a friend or neighbor who might also benefit. Small steps—like installing grab bars, improving lighting, or staying active—can make a big difference.

If you have questions or would like help connecting to resources, please get in touch with us at 208-570-6500. We're here to support you.

Let's work together to make our homes and community safer for everyone.



COMMON RISK FACTORS FOR FALLS IN OLDER ADULTS

Understanding what increases fall risk can help you take simple steps to stay safe and independent.

PHYSICAL + HEALTH-RELATED RISKS

- **BALANCE OR WALKING PROBLEMS**
Trouble with strength, coordination or steady movement increases the chance of tripping or slipping.
- **MUSCLE WEAKNESS**
Especially in the legs, this is one of the most common contributors to falls.
- **CHRONIC HEALTH CONDITIONS**
Conditions like arthritis, diabetes, stroke or Parkinson's disease can affect mobility and balance.
- **MEDICATIONS**
Some medications can cause dizziness, drowsiness or low blood pressure.
- **VISION PROBLEMS**
Poor eyesight or not wearing the right glasses makes it harder to spot obstacles.
- **FOOT PAIN OR UNSAFE FOOTWEAR**
Shoes that don't fit well, have slippery soles, or lack support can increase risk.

HOME ENVIRONMENT HAZARDS

- **CLUTTERED WALKWAYS OR LOOSE RUGS**
Items on the floor, cords, or unsecured rugs are common tripping hazards.
- **POOR LIGHTING**
Dim hallways or staircases make it harder to see where you're going.
- **LACK OF SAFETY FEATURES**
Homes without grab bars in bathrooms, stair rails or non-slip surfaces can be dangerous.
- **SLIPPERY FLOORS AND BATHROOMS**
Wet or polished floors and the absence of grab bars in bathrooms increase fall risks.

BEHAVIORAL AND LIFESTYLE FACTORS

- **NOT USING ASSISTIVE DEVICES**
Skipping a cane, walker or other support tool when needed can increase fall risk.
- **RUSHING OR MULTI-TASKING**
Trying to do too much at once or hurrying increases the chance of missteps.
- **LACK OF PHYSICAL ACTIVITY**
Inactivity leads to muscle weakness and poor balance.
- **ALCOHOL CONSUMPTION**
Even small amounts of alcohol can impair balance and coordination.
- **IMPROPER FOOTWEAR**
Wearing loose or ill-fitting shoes can contribute to instability.
- **FEAR OF FALLING**
Fear can lead to less activity, causing muscles to weaken which increase fall risk.



WHAT YOU CAN DO

Falls are common, but they are not inevitable. With awareness and simple steps, you can stay safer and more confident at home.

1. Stay active to build strength and balance.
2. Have vision and hearing checked regularly.
3. Review medications with a doctor to identify fall-related side effects.
4. Make your home safer by removing clutter and trip hazards, improving lighting and installing grab bars.
5. Wear proper footwear with non-slip soles.
6. Use assistive devices when necessary.
7. Talk to your doctor or care provider about fall risks.

HOME SAFETY ASSESSMENT CHECKLIST

Use this checklist to help make your home safer and reduce your risk of falling.

ENTRYWAYS + HALLWAYS

- Steps and walkways are in good repair and free of clutter
- Handrails are sturdy and present on all stairs
- Entryway has good lighting
- There are no throw rugs or doormats that could slip or bunch up
- Light switches are easy to reach at entrances

LIVING AREAS

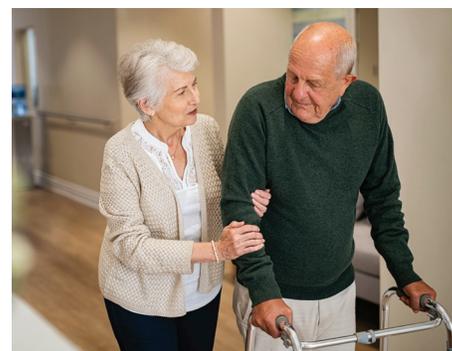
- Pathways are clear and wide enough to walk through easily
- Cords and wires are secured and out of walking paths
- Furniture is stable and easy to get in/out of
- Chairs have armrests for support when standing or sitting
- Adequate lighting with accessible switches or lamps

BEDROOM

- A lamp or light switch is within easy reach of the bed
- Nightlights illuminate the path to the bathroom
- Bed height is safe and comfortable to get in and out of
- Phone or emergency alert device is close to the bed
- No clutter or loose rugs near the bed

BATHROOM

- Grab bars are installed near the toilet and in the tub or shower
- Non-slip mats or strips are in the tub/shower
- A shower chair or bath bench and handheld shower are available
- Floor is free of water and has non-slip rugs with rubber backing
- Adequate lighting, including at night
- Toilet seat is a comfortable height or has a riser if needed



KITCHEN

- Frequently used items are stored within easy reach
- Step stools have a sturdy handle. No chairs or unstable ladders used
- Floor is free of spills and tripping hazards
- Bright lighting over cooking and prep areas
- Kitchen chairs have sturdy arms and no wheels
- Refrigerator card is completed and on display on fridge (see page 15)

STAIRS (IF APPLICABLE)

- Handrails on both sides of stairways
- Steps are well lit and free of clutter
- Stairs have non-slip treads or secure carpet
- Light switches are located at both top and bottom of stairs

GENERAL SAFETY

- Throw rugs have been removed
- Large area rugs have non-slip grips beneath them
- Pathways are clear of clutter and cords
- Home is equipped with working smoke alarms and carbon monoxide alarms
- Mobility aids are used as recommended
- Supportive shoes or slippers with non-slip soles are used
- Electrical outlets have two or less appliances plugged in
- House numbers are visible both day and night
- You have an emergency alert system (e.g., pendant)
- Water heater is set to 120 degrees Fahrenheit or less

FALL PREVENTION SELF-ASSESSMENT

Take a few minutes to answer these questions. This self-check can help you understand your risk of falling—and what to do next. The more checklist items checked, the greater the risk for falling.

HAVE YOU FALLEN IN THE PAST YEAR?

Individuals who have fallen are more likely to fall again

HAS YOUR FEAR OF FALLING IMPACTED YOUR DAILY ACTIVITIES?

The fear of falling can contribute to depression and a spiral of declining health and independence

HAVE YOU LOST SOME FEELING IN YOUR FEET?

Foot numbness can lead to stumbles and falls.

DO YOU HAVE DIFFICULTY GETTING OUT OF A CHAIR WITHOUT USING YOUR ARMS OR STEPPING UP ONTO A CURB?

Reduced leg strength reduces our ability to recover from a near fall

HAS IT BEEN MORE THAN ONE YEAR SINCE YOUR LAST EYE EXAM?

A proper eyeglass prescription is essential to minimizing your fall risk

DO YOU OCCASIONALLY SUPPORT YOURSELF BY GRABBING ONTO FURNITURE AND FIXTURES?

Doing so is an indicator of reduced balance and precursor to falling

DO YOU FREQUENTLY RUSH TO GO TO THE BATHROOM?

Rushing to the bathroom, particularly at night, increases your risk of falling

DO YOU EXERCISE LESS THAN THREE TIMES PER WEEK?

Physical activity maintains leg strength and greatly reduces the risk of falling

ARE YOU RELUCTANT TO ASK FOR ASSISTANCE WITH CHALLENGING ACTIVITIES?

Asking for help is a sign of intelligence not a sign of weakness

ARE YOU TAKING FOUR OR MORE MEDICATIONS EACH DAY?

The interactions of medications often increase dizziness and decrease muscle strength

LOCAL RESOURCES FOR FALL PREVENTION & INDEPENDENT LIVING

These services can help older adults stay safe, active and supported at home.

EXERCISE & FALL PREVENTION PROGRAMS

- **FIT & FALL PROOF™**

Free, evidence-based balance and exercise classes for older adults. Participants will learn simple exercises to increase strength, balance and endurance, which can help prevent accidental trips and falls sometimes associated with age.

Offered at senior centers, community centers and libraries across the Treasure Valley.

See page 12 for locations

Call 208-327-8591 before attending as space is limited.

- **SILVERSNEAKERS®**

A health and fitness program designed for adults 65+, which is included with many Medicare Advantage plans. The goal is to help you stay strong in body, mind and spirit. Regular physical activity keeps your heart, brain, bones, muscles and joints healthy.

Offered at fitness locations, through live online fitness classes and on-demand video library of prerecorded workouts

Visit tools.silversneakers.com or call 866-584-7389 for help with checking your eligibility and locating classes

See page 13 for locations

HOME SAFETY ASSESSMENTS & MODIFICATIONS

- **IDAHO MEDICAID**

Idaho Medicaid can help eligible older adults with in-home assessments, home safety modifications (ramps, railings, grab bars, etc.), mobility aids, and personal care services. Contact the Area Agency on Aging of Southwest Idaho at 208-898-7060

- **MEDICARE**

Medicare may cover home safety evaluations if they are considered medically necessary by a Medicare-approved physician. Inquire with your insurance agent for information or call the Senior Health Insurance Benefits Advisors (part of the Idaho Department of Insurance) at 1-800-247-4422

- **TREASURE VALLEY HABITAT FOR HUMANITY HOME REPAIRS PROGRAM**
Focuses on providing essential repairs and modifications to support older adults who wish to age in place. All home repairs are performed by licensed contractors and overseen by skilled construction staff. Qualified homeowners can receive assistance with a variety of interior and exterior repairs, including accessibility ramps, grab bars, and more.
Information on qualifying criteria and how to apply can be found at tvhabitat.org/home-repairs-program or call 208-331-2916.

NUTRITION & MEAL SERVICES

- **METRO MEALS ON WHEELS**
Delivers nutritious meals to homebound older adults
208-321-0031
Community meal sites are located at senior centers, where lunch is served on weekdays to individuals aged 60 or over. See page 14 for locations.

MOBILITY & ASSISTIVE DEVICES

- **LIVING INDEPENDENCE NETWORK CORPORATION (LINC)**
Helps older adults and individuals with disabilities access durable medical equipment and modifications
208-336-3335
- **ST. VINCENT DE PAUL THRIFT STORE**
Loans out select medical equipment.
208-853-4921
- **HANDS OF HOPE NORTHWEST** (Located in Nampa)
Offers a selection of medical equipment for community members to borrow up to 6 months. To check availability and reserve equipment, call 208-461-1473.
- **KNIGHTS OF COLUMBUS** (Located in Nampa)
Offers medical equipment loans. 208-461-9248.



TRANSPORTATION SERVICES

- **VALLEY REGIONAL TRANSIT- RIDES2WELLNESS & BEYOND ACCESS**
No-cost, transportation options
208-345-7433
- **AREA AGENCY ON AGING OF SOUTHWEST IDAHO**
Transportation from a variety of contracted providers
208-898-7060

ADDITIONAL SUPPORT SERVICES

- **AREA AGENCY ON AGING OF SOUTHWEST IDAHO**
208-898-7060 or visit www.a3ssa.com
- **211 IDAHO CARELINE**
Dial 2-1-1 or visit www.211.idaho.gov
- **IDAHO LEGAL AID SERVICES**
208-746-7541

FIT & FALL PROOF LOCATIONS

(As of April 2025) Please call 208-327-8591 before attending (Some classes are Full)

LOCATION	ADDRESS	TIME	DAYS
Bridgepoint Church	2530 Broadway Ave Boise, ID 83706	10 a.m.	Tuesday & Thursday Held in Outbuilding #2
Cloverdale Church of God	3755 S. Cloverdale Rd Boise, ID 83709	9:30 a.m.	Wednesday & Friday Class is full
Dick Eardley Boise Sr Center	690 Robbins Rd Boise, ID 83702	1 p.m.	Tuesday & Friday
Hillview UMC	8525 W Ustick Rd Boise, ID 83704	1:30 p.m.	Tuesday & Thursday
Lake Hazel Branch Library	10489 W Lake Hazel Rd Boise, ID 83709	12 p.m.	Tuesday & Thursday Class is full
Library! at Collister	4724 W State St Boise, ID 83703	9:15 a.m.	Tuesday & Thursday
Library! at Hillcrest	5246 W Overland Rd Boise, ID 83705	10:30 a.m.	Monday & Wednesday Class is full
Our Lady of the Rosary Church	1500 E Wright St Boise, ID 83706	10 a.m.	Monday, Wednesday, Friday
Park View Rental Condos	3110 W Crescent Rim Dr Boise, ID 83706	9:15 a.m.	Monday, Wednesday, Friday
St. Mark's Catholic Comm	7960 Northview St Boise, ID 83704	10 a.m. Fri; 11:15 a.m. Wed	Wednesday & Friday Class is full
The Terraces of Boise	5301 E Warm Springs Ave Boise, ID 83716	11 a.m.	Tuesday & Friday Class is full
The Commons Climbing Gym	4795 W Emerald St Boise, ID 83706	10 a.m.	Monday & Wednesday
Ustick Grove Estates	3275 N Dalton Ln Boise, ID 83704	11 a.m.	Monday & Friday
Victory Branch Library	10664 W Victory Rd Boise, ID 83709	12 p.m.	Tuesday & Thursday Class is full
Garden City Library	6015 N Glenwood St Garden City, ID 83714	11 a.m. and 12:15 p.m.	Tuesday-Thursday Both classes are full
Willowbrook Association	5601 Willowlawn Way Garden City, ID 83714	10 a.m.	Tuesday & Thursday
Meridian Senior Center	1920 N Records Way Meridian, ID 83642	9 a.m. and 10 a.m.	Tuesday & Thursday



SILVERSNEAKERS® LOCATIONS

(As of April 2025)

- **VILLA SPORT FITNESS (FORMERLY AXIOM FITNESS)**
7316 W Fairview Ave, Boise, ID 83704-8511
208-955-1114
- **VILLA SPORT FITNESS (FORMERLY AXIOM FITNESS)**
3505 E Monarch Sky Ln, Meridian, ID 83646-1047
208-955-1112
- **WEST FAMILY YMCA**
5959 N Discovery Way, Boise, ID 83713
208-377-9622
- **DOWNTOWN FAMILY YMCA**
1050 W State St, Boise, ID 83702
208-344-5501
- **FIT FOR ADVENTURE**
4585 S Cloverdale Rd, Boise, ID 83709
208-395-1234
- **SOUTH FAMILY YMCA**
5155 Hillsdale Ave, Meridian, ID 83642
208-331-9622
- **VILLA SPORT FITNESS (FORMERLY AXIOM FITNESS)**
1455 S Country Terrace Way, Meridian, ID 83642
208-955-1111
- **VILLA SPORT FITNESS (FORMERLY AXIOM FITNESS)**
801 E Parkcenter Blvd, Boise, ID 83706-4400
208-955-1113



COMMUNITY MEAL SITES

(Provided by Meals on Wheels)

- **DICK EARDLEY BOISE SENIOR CENTER**
Monday-Friday at 12 p.m.
690 Robbins Road, Boise, ID 83702
208-321-0031
- **GOOD SAMARITAN HOME**
Monday-Sunday at 12 p.m.
3501 West State Street, Boise, ID 83703
208-321-0031
- **NORTHGATE SENIOR VILLAGE**
Monday-Friday at 12 p.m.
5901 Ellens Ferry Way, Boise, ID 83703
208-321-0031
- **SAMARITAN VILLAGE APTS**
Monday-Friday at 12 p.m.
3350 Collister Drive, Boise, ID 83703
208-321-0031
- **MERIDIAN SENIOR CENTER**
Monday-Friday at 12 p.m.
1920 N Records Ave, Meridian, ID 83680
208-321-0031
- **EAGLE COMMUNITY & SENIOR CENTER**
Monday, Tuesday & Thursday at 12 p.m.
312 E State St, Eagle, ID 83616
208-321-0031



BOISE FIRE DEPARTMENT

Complete this card and hang on your refrigerator for Medics to see in case of an emergency.

REFRIGERATOR CARD

Date Card Completed: _____

Name: _____

Date of Birth: _____

Address: _____

Telephone: _____

Emergency Contact and Phone Numbers:

1. _____

2. _____

Primary Physicians: _____ Physician Phone Number: _____

Hospital Preferences: _____

Allergies to Medicines: _____

Resuscitate? Yes No Where is your "Do Not Resuscitate" (DNR) Located? _____

CURRENT MEDICATIONS	REASONS FOR TAKING
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	

Special Instructions:



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