



National Fire Protection Association
The authority on fire, electrical, and building safety

Remembering When[™]: A Fire & Fall Prevention Program for Older Adults

Summit on Safe, Independent Living

November 4, 2015

Community Members At Risk: The Fire & Fall Problem Among Older Adults

Intended Benefits of the *Remembering When* Fire & Fall Prevention Program:

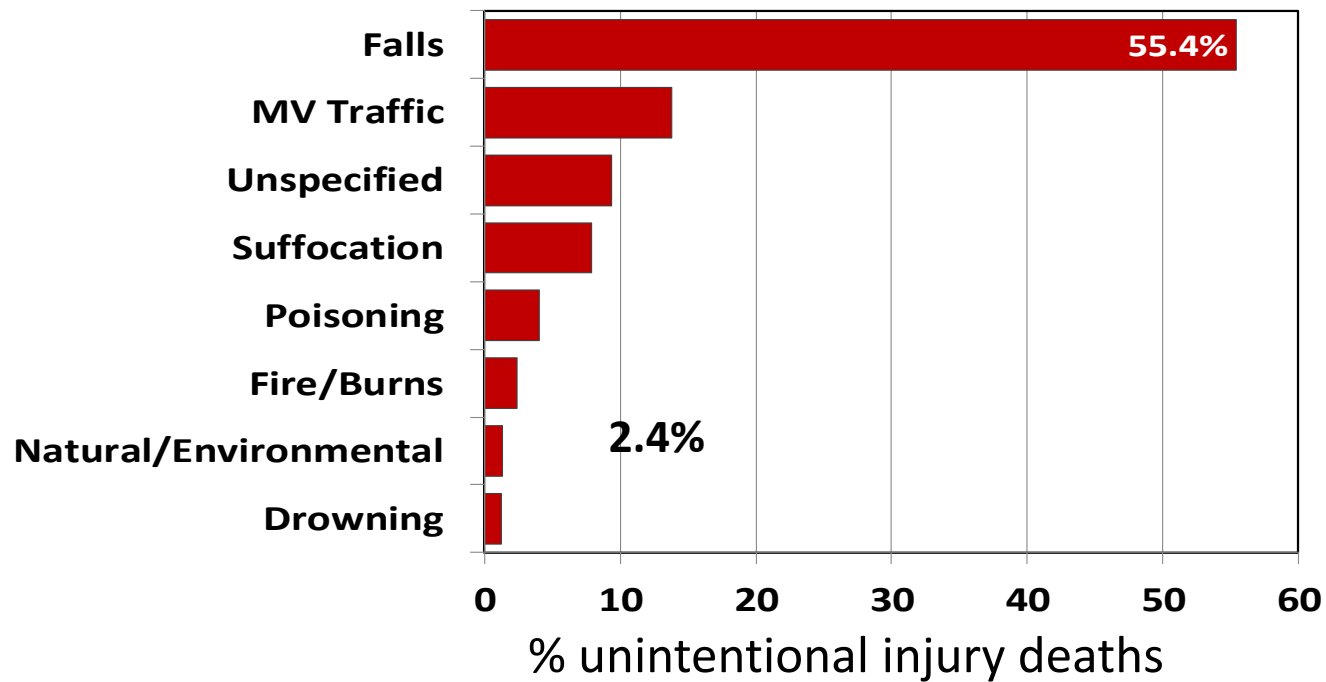
- Older adults live safely at home longer
- Fewer injuries from fires and falls
- Collaboration across community agencies
- Opportunities to increase social connectedness
- Provides tangible actions for older adults to impact health status
- Service to older adult residents
- Decreased reliance on EMS services
- And more....



nfpa.org/rememberingwhen



Unintentional Injury Death, 65+ Years, U.S., 2013



Fall deaths:
21,649

Fire deaths:
1,103

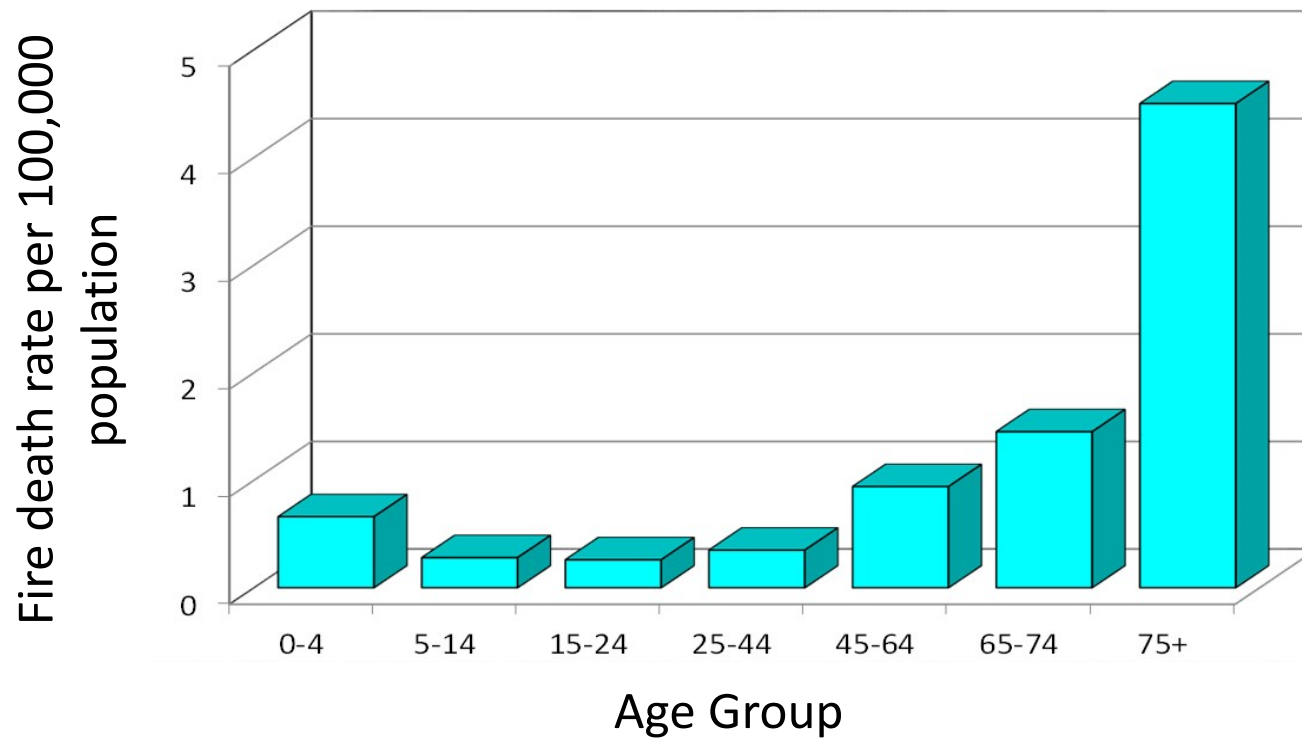
Source: CDC WISQARS



nfpa.org/rememberingwhen



Fatal fires disproportionately affect older populations



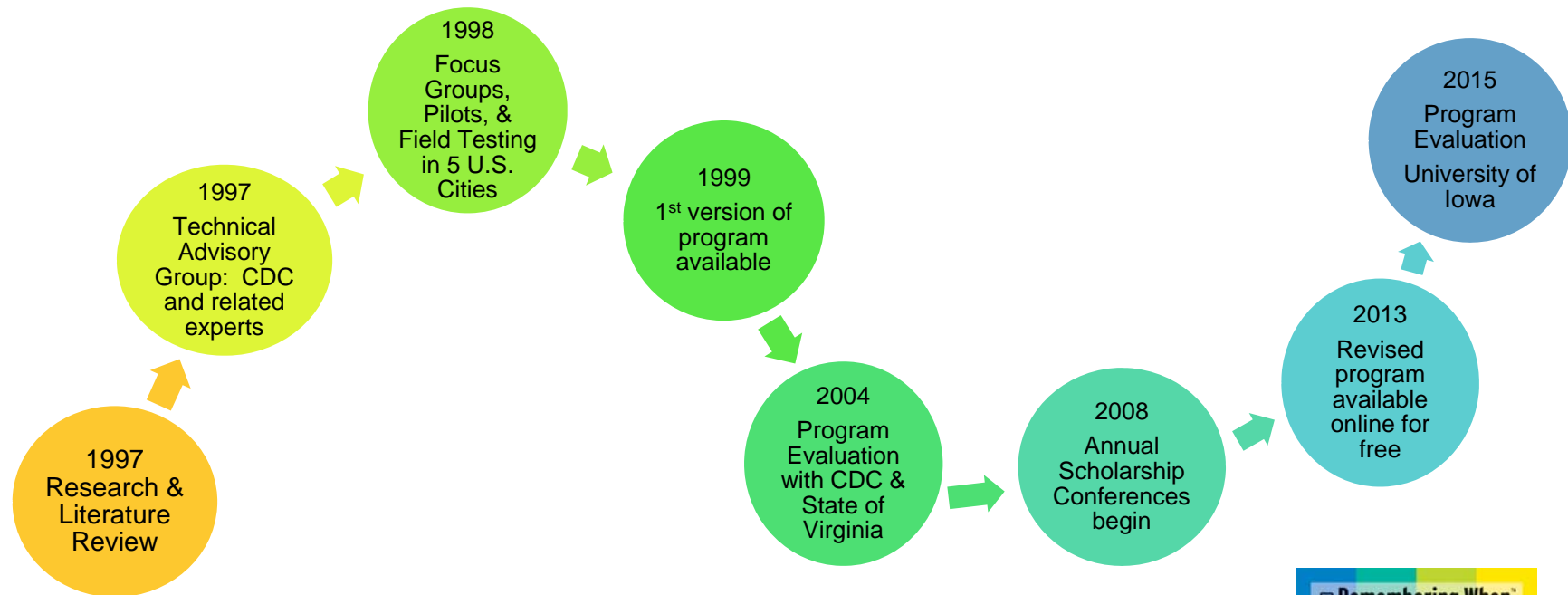
Source: CDC WISQARS



nfpa.org/rememberswhen



Evolution of the *Remembering When* Program



nfpa.org/rememberingwhen



Remembering When™

A Fire and Fall Prevention Program for Older Adults

A Community Approach:

- Fire and Life Safety Educator
- Home Visiting Professional / Volunteer
- And.....



Program Delivery:

- Group Presentations
- Home Visits



Training available directly & indirectly from NFPA



nfpa.org/rememberingwhen



Remembering When Fire Messages

1. If you smoke, smoke outside.
2. Give space heaters space.
3. Stay in the kitchen when frying food.
4. Stop, drop, and roll if your clothes catch fire.
5. Smoke alarms save lives.
6. Plan and practice your escape from smoke and fire.
7. Know your local emergency number.
8. Plan your escape around your abilities.



nfpa.org/rememberingwhen



Remembering When Fall Messages

1. Exercise regularly
2. Take your time
3. Keep stairs and walking areas free from clutter
4. Improve the lighting inside and outside your home
5. Use non-slip mats in the bathtub and on shower floors.
6. Be aware of uneven walking surfaces indoors and outdoors.
7. Stairways should be well lit from top to bottom.
8. Wear sturdy, well-fitting shoes.



[nfpa.org/rememberingwhen](https://www.nfpa.org/rememberingwhen)



Group Presentations & Home Visits

- Build trust through credibility & respect.
- Review the Fire / Fall Prevention & Safety Tips.
- Help residents identify fire & fall hazards in their homes
- Work with the resident to identify preventive action steps
- Provide referrals if appropriate
- Provide contact information for additional questions and follow up.



nfpa.org/rememberingwhen



The 2015 *Remembering When* Evaluation Project

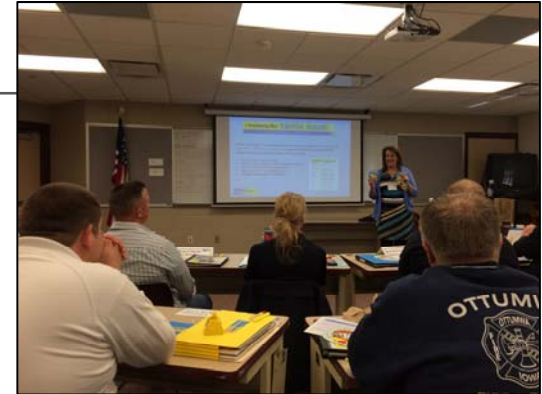
Partnership between NFPA, The Fire Protection Research Foundation, and the University of Iowa Injury Prevention Research Center

Prospective, cohort design comparing:

- Homebound older adults receiving a home visit
- Non-homebound older adults receiving a home visit
- Non-homebound older adults receiving a home visit and group presentation

-Identify program components and content that work well

-Identify what could work better



nfpa.org/rememberingwhen





National Fire Protection Association
The authority on fire, electrical, and building safety

Contact Information:
Karen Berard-Reed
617.984.7286
kbreed@nfpa.org