

Senior Safety News December 2011



Looking for the perfect Christmas gift?

A lot has been written about proper footwear for dry clean environmental conditions to prevent falling. Less has been studied and written about concerning the best footwear to prevent falls in icy or snowy conditions. A study conducted in the winter of 2003/2004 in Wisconsin evaluated the efficacy of a gait-stabilizing device to determine whether the device would be beneficial in reducing falls under snow and ice conditions. The gait stabilizing footwear is a plastic molded netting device that is conformed to the length and width of a shoe or boot. High strength coils attached to the netting are configured to improve gait stability. Ambulatory, community dwelling seniors who were age 65 or older and had a history of at least one fall in the previous year were recruited to take part in the study. Study participants were randomized to wear either their normal winter footwear or the gait stabilizer. The number of slips, falls and injurious falls were recorded by the participants. Results of the study showed that the seniors wearing the gait stabilizing footwear had fewer falls and fewer non-serious injurious falls than the participants wearing boots or other winter footwear. These devices are not intended to be worn indoors or on clean dry surfaces; doing so may increase the risk of falling. The suggested retail price is less than \$25/pair.

To read more about the study:

http://www.cdc.gov/HomeandRecreationalSafety/Falls/compendium/1.6_yaktrax.html



Gait stabilizing footwear includes Yaktrax, Stabilicers Ice Cleats, ICEtrekkers shoe chains, and Kahtoola Microspikes.



The next Senior Safety Coalition meeting will be Dec. 14, 2011 at 8:30AM at the Clermont Co. Engineers Office-2381 Clermont Center Dr. Batavia OH.

Be Sure to Get Your Seasonal Flu Shot

The Clermont County Health District is scheduling appointments for flu shots. To make an appointment, please call **(513)735-8400**.

NOTE: Cost for the seasonal flu vaccine is \$15.00 or Medicare Part B, Ohio Medicaid, and CareSource accepted. The Clermont County General Health District is unable to bill HMOs.



Falls in Nov.-90

Grab bars installed in Nov.-32



Know Someone Hurting During the Holidays?

The holiday season is not a joyful time for everyone. Some people struggle with seasonal affective disorder, grief and loss or loneliness and isolation during this season. If you know someone who is hurting emotionally, the Clermont County Crisis Hotline offers a calm non-judgmental counselor who will listen and care. The hotline number is **528-SAVE** (528-7283) and is available 24 hours a day, every day.

Reach out to someone in need this season and share this number!

Home Energy Assistance Program

The Home Energy Assistance Program (HEAP) is a federally funded program administered by the Ohio Department of Development's Office of Community Service (OCS). It is designed to help eligible low-income Ohioans meet the high costs of home heating. If you are eligible for assistance, the amount of your one-time HEAP benefit will depend on federal funding levels, how many people live with you, total household income, and the primary fuel you use to heat your home. In most cases, the one-time benefit will be a credit applied to your energy bill by your utility company (or fuel vendor).

-Call HEAP toll-free at (800) 282-0880
To receive an application, call the numbers below, depending on where you live:

Clermont County: (513) 732-2277

(select option 3)

Hamilton - (513) 867-1998

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