



Bristol Bay Area Health Corporation

Injury Prevention Program

Most elders in the Bristol Bay villages are home-bound and experience a high rate of injuries from falls

PROGRAM GOALS

Reduce the number of injuries and deaths from falls among tribal residents aged 55 years or older in the Bristol Bay, Alaska region

1. Visit homes of tribal elders to find hazards that may increase risk of falling
2. Make changes in the homes to increase safety and decrease risk of falling

Background

- **Service Population:**
A consortium of Bristol Bay tribes (Yup'ik, Dena'ina, and Supiak/Alutiiq)
- **Location:**
Southwest Alaska

PROGRAM HIGHLIGHTS

September 2015-February 2020

118



Homes

were checked
for fall
hazards

374



Changes

made to make
homes safer
for elders

zero



Falls

reported in
the homes
where
changes
were made
at 6-month
follow up

300+



Ice cleats

distributed to
help prevent
falls

Tribal Injury Prevention

April 2020



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PROGRAM SNAPSHOT



Building Partnerships in Bristol Bay

Given the geographic spread of the BBAHC's service area, the Injury Prevention Program partners with community health aides to listen to the needs of the community elders, allowing the program to effectively serve rural communities while keeping travel costs low. The aides also facilitate the program's regular follow-up procedure.

Other partners include the Bristol Bay Native Association, Bristol Bay Economic Development Corporation, Village Public Safety Officers, Alaska State Troopers, tribal entities, and village and tribal councils. The program also attends Alaska Native Tribal Health Consortium coalition meetings.



Changes to Make Homes Safer

Since September 2015, BBAHC has made **over 300 changes** to elders' homes to help prevent falls. Changes include things like bath benches fitted with grab bars, toilet safety frames to allow elders to more easily lower and raise themselves onto the toilet, and adjustable shower benches with grab bars.



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