



Ponca Tribe of Oklahoma

Injury Prevention Program

Falls are a leading cause of injury resulting in hospitalizations among older adult members of the Ponca Tribe of Oklahoma

PROGRAM GOALS

Decrease injuries from falls among Ponca Tribe of Oklahoma members aged 55 years and older

1. Visit homes of tribal seniors to find hazards that may increase risk of falling
2. Make changes in the homes to increase safety and decrease risk of falling
3. Make and receive referrals for tribal seniors to have their eyes checked
4. Encourage tribal seniors to meet with a pharmacist to review their medications (which can sometimes increase risk of falling)
5. Offer 12-week Silver Sneaker exercise program 2 times per year in the community to help improve balance and strength for tribal seniors

Background

- **Tribal Enrollment:**
3,581 members with 3,000 living in Oklahoma
- **Location:**
Northcentral Oklahoma

PROGRAM HIGHLIGHTS

September 2015-August 2019

128



Homes

checked for fall hazards

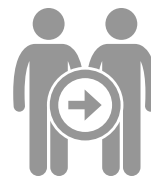
604



Improvements

installed in tribal seniors' homes to help prevent falls, including 20 ramps

264



Referrals

made from pharmacists and eye doctors to the IP program

2



12-week Classes

held each year for tribal seniors to improve their strength and balance

Tribal Injury Prevention

August 2020

PROGRAM SNAPSHOT

IPP Receives Thanks from Community Elder

“The Injury Prevention Program is making a positive impact to our Ponca Tribal Elders. My personal benefit includes better health and peace of mind through fall prevention.”



Darlene Pensoneau Harjo, an enrolled member of the Ponca Tribe of Oklahoma, wrote to the Injury Prevention Program (IPP) to thank Jocy for the care she shows to her and to other senior citizens in the White Eagle and Ponca City community.

“I requested [Jocy’s] services after cataract removal [and before] a pending surgery for a knee replacement.” Darlene needed assistance with preparing her home post-surgeries. Jocy performed a home assessment and then helped Darlene get grab bars installed in the shower, a handrail, non-skid mats, and a riser for the toilet seat. “I would not be able to afford any of the prevention items her program has provided for me and others like me. Thank you so much.”

Other modifications the IPP has made to elders’ homes include...



Smoke detectors



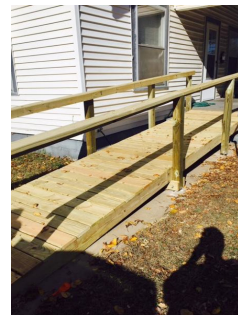
Shower benches



Raised seats/bars



Handrails



Ramps

