



# Shoshone-Paiute Tribe of Duck Valley

## Injury Prevention Program

*Unintentional injuries from elder falls were identified as an important area for injury prevention initiatives for residents of the Duck Valley Indian Reservation*

### PROGRAM GOALS

Reduce fall-related injuries to elders residing on the Duck Valley Indian Reservation

1. Visit homes of elders to find hazards that may increase risk of falling
2. Make changes in homes to increase safety and decrease risk of falling
3. Offer exercise classes to help elders improve balance and strength
4. Provide exercise equipment

### Background

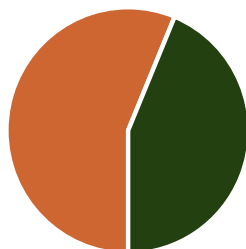
- **Population:** 1,800
- **Location:** Owyhee, Nevada



### Duck Valley Elder Fall Prevention Questionnaire

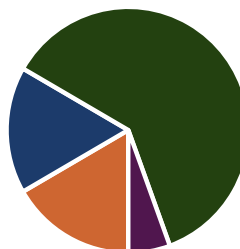
In 2017, **34** elders responded to a questionnaire asking about their experiences with falling and other information related to fall prevention behaviors. Their responses made it clear that falls are a concern among older adult residents in the community.

Have you had a recent fall?



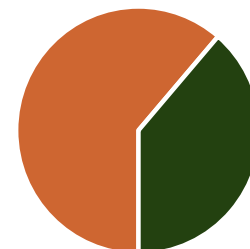
Yes No

Treatment for fall?



Hospitalization Outpatient  
None No response

Do you have a fear of falling?



Yes No



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**Program Goal:** Reduce fall-related injuries to elders residing on the Duck Valley Indian Reservation

### PROGRAM HIGHLIGHTS

June 2017-December 2019

24



Homes

checked for fall hazards

15



Ramps

installed in elders' homes and 124 other safety modifications made

11



Elders

on average participate in weekly exercise classes at the senior center

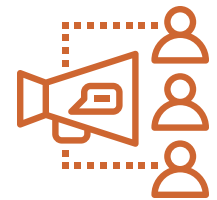
2



Articles

published about the the new injury prevention funding and programming

### Media Campaigns



The Injury Prevention Program also reaches the community through **Sho-Pai News** and **Sho-Pai Radio**, sharing fall risk and safety messaging

## Tribal Injury Prevention

February 2020

[www.shoshonepaiutetribes.com](http://www.shoshonepaiutetribes.com)



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