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?

Treatment for fall?

Do you have a fear of falling?

www.ShoshonePaiuteTribes.com
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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

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- Homes checked for fall hazards
- Ramps installed in elders’ homes and 124 other safety modifications made
- Elders on average participate in weekly exercise classes at the senior center
- Articles published about the new injury prevention funding and programming

Tribal Injury Prevention
February 2020

www.shoshonepaiutetribes.com

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Media Campaigns

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