Unintentional injury is the third leading cause of death for all age groups in Caddo County, Oklahoma

**PROGRAM GOALS**

Decrease injuries from motor vehicle crashes and elder falls in the Wichita and Affiliated Tribes service area

1. Host car seat check events for proper child safety seat use  
2. Provide car seats and child passenger safety education to parents/caregivers  
3. Visit elders’ homes to find hazards that may increase risk of falling  
4. Make changes in homes to increase safety and decrease risk of falling  
5. Offer exercise classes to help elders improve balance and strength  
6. Provide educational materials on elder fall prevention

**Background**

- **Tribal Enrollment:** 3,286 members  
- **Location:** Anadarko, Oklahoma

**PROGRAM HIGHLIGHTS**

September 2015-February 2020

- **Events:** 33  
- **Safety Seats provided to parents/caregivers:** 481  
- **People reached through media campaigns:** 3,000  
- **Homes checked for fall hazards:** 32  
- **Changes made in elders’ homes to make them safer:** 33

Tribal Injury Prevention

August 2020

www.wichitatribe.com
The program collaborates with the local senior center and Administration on Aging (AOA) to provide exercise classes to seniors to increase balance and strength. Exercise programs are held once per week at the AOA. Chair volleyball programs provide a way for seniors to build upper body mobility and strength.

The program assists elders to prevent falls in their homes by making changes, like installing handrails and grab bars and adding slips pads in risk-prone areas.