

HOW TO JOIN

Membership is open to any individual, organization or agency interested in working collaboratively with the coalition to further its mission and vision.

Contact us:

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2025 Coalition Members



Senior Falls Prevention Coalition of Clay and Platte Counties



Our Mission:

To reduce falls in our senior population through awareness, education, and access to effective prevention programs and resources.

Leadership Team: Tina Uridge, Debbie Gwin, Scott Hickox, Brian Willbond, Jessica Giacone, Amy Vance & Vicki Hon



www.seniorfallsprevention.org
@SeniorFallsPreventionCoalition

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WHO WE ARE



We are a collaboration of individuals and organizations with an interest in reducing senior falls in Clay and Platte Counties in Missouri. The coalition was established to:

- (1) Reduce the risk for falls by creating a caring network that combines community assets to provide programming and services that work to meet the needs of seniors;
- (2) Decrease falls and increase independence by sharing resources and working collaboratively to provide evidence-based interventions; and
- (3) Reduce falls in our senior population through awareness, education and access to effective prevention programs and resources.

Special falls prevention events are held throughout the year.

MEETINGS

The Senior Falls Prevention Coalition meets in person monthly, 1st Tuesdays, 11:30 am- 1:00 pm at Northland Neighborhoods, Inc., 5340 NE Chouteau Trafficway, Kansas City, MO 64119

FACTS ABOUT FALLS

According to the CDC, more than one out of four people, 65 and older fall each year, but less than half tell their doctor. Nearly half of fall-injury cases occur at home and falling once doubles the chances of falling again.

Missouri's rate of injury for seniors due to falls is 31% higher than the national average.

Falls are serious and costly. It is the leading cause of injury death and if falls continue to rise, we can anticipate seven fall deaths every hour by 2030.

We believe falls are preventable...and the reason we have made a serious commitment to provide an effective falls prevention program.



VISION CHECK

It's Important to have good depth perception and good vision to detect objects that could cause a fall.

EXERCISE

Exercising for at least 30 minutes most days of the week will help keep muscle strength intact, reducing your risk of falling.

MEDICINE REVIEW

Medications may cause side effects that increase the risk of falling.

HOME SAFETY CHECK

Hazards are easy to identify and fix with a professional assessment and home modifications.

COMMUNITY AWARENESS

Increasing awareness and providing education concerning falls and injury prevention will benefit us all.