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# NEWS RELEASE

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## Falls prevention program begins in Wright County

BUFFALO, MN - Wright County Community Action (WCCA) is piloting a new program to help prevent falls.

By conducting in-home assessments through WCCA's homemaker program, older adults are given resources to create a safer space for themselves and their loved ones.

Funding and support from Wright County Public Health's Statewide Health Improvement Partnership (SHIP) is making the pilot possible. WCCA volunteers are also offering up their time to make these changes.

"There are not many programs doing the same thing," said Mandy Busse, Self Sufficiency Manager for WCCA. "We did much of our work from scratch. We developed the initial assessment and continue to make it more meaningful. We have learned a lot and have a plan to move forward."

As of August 2023, WCCA has screened 92 older adults and 40 will receive an in-depth assessment to determine a safety plan. The program has identified the most common environmental risks to be slippery rugs, lack of grab bars in bathrooms, and poor lighting. Home modifications are offered to help mitigate these risks.

SHIP is a state-based program that works at the local level to support healthier communities by expanding opportunities for active living, healthy eating, well-being, and commercial tobacco-free living.

