Modifying Homes & Promoting Health:
The CHIPPS Approach to Senior Injury Prevention

Community and Home Injury Prevention Program for Seniors
Project Goal

Reduce Injury to Seniors by:

• Increasing awareness that injuries are preventable;

• Developing and sharing ways to recognize and correct hazards; And

• Providing training and resource information
Rates for Injury Hospitalizations by Age

San Francisco, 1996

Source: OSHPD, 1998
Leading Causes of Injury Hospitalizations among Seniors
San Francisco 1996 (n = 2329)

- Falls: 76.8%
- Unspecified/other: 13.0%
- Poisoning: 3.6%
- Motor Vehicle-traffic: 6.6%

Source: OSHPD, 1998
FREE
TAI CHI CLASSES!

All sessions free – No need to register - Just show up – comfortable shoes – loose clothes.

- **BROOKS PARK** (Ramsell / Shields Streets)
  Saturdays 10:30am – 11:30am (A beautiful hilltop park close to SF State University...Take Holloway Ave to Ramsell St, go up to the top of the hill - there it is!)

- **PILGRIM SENIOR COMMUNITY CENTER** 446 Randolph Street at Arch Street
  Fridays 9:30am – 10:30am 415-586-8020

Some additional Tai Chi in the Sunset and Richmond (not taught by Oliver Chu):

- **GOLDEN GATE PARK SPRECKELS LAKE** - 36th & Fulton  Sat & Sun  8:30 – 9:30

- Golden Gate Park Senior Center: 6101 Fulton Street by 37th Ave 666-7015
  Monday 4 pm and Wednesday  2 pm - beginners
  Monday 3pm and Wednesday  1 pm - advanced

- **Parkside Square** 26th Ave & Vicente
  Sunday 7:30 - 9am

- **Sunset Playground** 28th Ave & Lawton
  Monday - Sunday 8 - 10 am.

Sponsored by: The Ingleside Arts Connection, The San Francisco Mayor’s office, The San Francisco Foundation - The Lila Wallace Reader’s Digest Fund.
For questions, please call instructor Oliver Chu at 505-8877 or The Neighborhood Parks Council at 621-3260
CHIPPS
Community & Home
Injury Prevention
Program for Seniors

San Francisco
Department of Public Health
Community Health
Education Section
The Community and Home Injury Prevention Program for Seniors (CHIPPS) of the Department of Public Health is happy to offer:

Senior Injury Prevention presentations.

The presentations can be arranged by any senior-serving agency or group.
The presentations will highlight:

- Potential hazards for seniors
- Suggestions for risk reduction

Any senior attending a presentation will then be eligible for a free home safety survey.

CHIPPS will do the home visits.
Any senior attending a presentation will then be eligible for a free home safety survey. After the survey, the senior will then be entitled to FREE home repairs which could include:

- installation of grab bars in the bathroom
- installation of railings on the stairway
- repair of broken steps
- installation of non-skid stripping, night lights, surge protectors and/or bath mats.
The Community and Home Injury Prevention Project for Seniors (CHIPPS). Falls, Scalds and Burns