

People Working Cooperatively

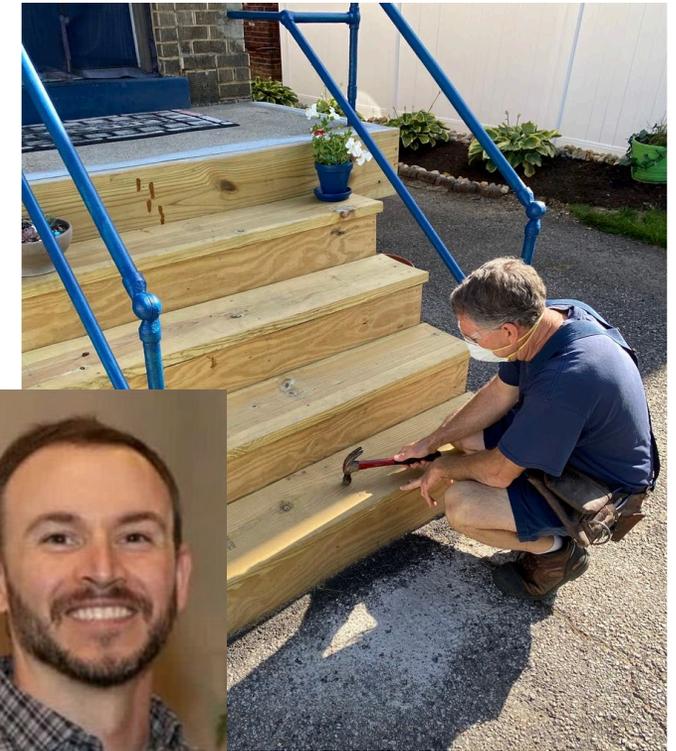
with the City of Cincinnati



LC4

An Overview of PWC's Programs and Resources

- People Working Cooperatively makes repairs and home improvements for low-income elderly and disabled homeowners to ensure they can continue to live independently and safely in their own homes.
- Modifications for Mobility
 - Accessibility Ramps
 - Grab Bars
 - Chair/Stair Lifts
- Lead Poisoning Prevention
 - Lead Inspections and Removal
- Education
 - Stepping on Program
 - Electric Partnership Program
 - Whole Home Wednesday
 - Energy Conservation



Addressing: Housing Safety and Independent Living for Older Adults

How PWC impacts health:

- ❑ Housing safety and accessibility
- ❑ Access to ways to stay active
- ❑ Reduce falls and subsequent medical cost

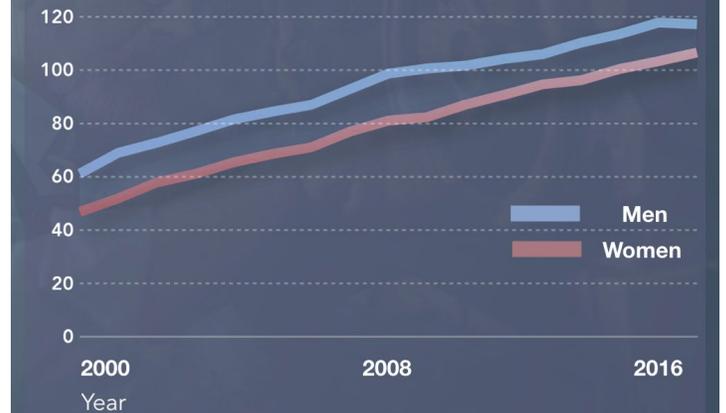
Unique challenges among aging Cincinnati populations:

- Higher rates of medication complication
- Longer time to recover from illness and return to daily activities of living
- Strength and agility maintenance more challenging

Mortality Rate from Falls

Falls are a leading cause of death for the elderly. More elderly men and women are dying from falls every year.

Mortality Rate (per 100,000)



Clearvue Health

Harholdt et al



Our Project

- **Website**

- Make it easier to register for classes
- Increase attractiveness of the website

- **Hospitals**

- Increasing outreach and referrals to PWC's fall prevention
- Provide education to physicians about PWC and the circumstances for its usage

- **Pamphlets**

- Made fall prevention information accessible and easy to digest for older populations

Falls are preventable

Falls are common, especially among older adults, and 1 out of every 5 falls causes injury (CDC).

However, falls can be prevented through simple everyday practice and skills

Stepping on is proven to reduce falls by 30%!

The program centers around fall prevention and includes:

- Balance and strength exercises
- Home safety
- Shoe and clothing hazards
- Medication management, bone health, and better sleep
- Follow-up home visit if desired

Register Now!

Call 513-482-5105 or email events@wholehome.org

To see upcoming schedule, visit <https://wholehome.org/event/>

Sessions available in-person and virtually through Zoom (devices may be available upon request)

Open Day

Hope to see you there!

How Our Project Impacts Cincinnati

- In Ohio from 2010 to 2019, the number of unintentional fall deaths among older adults increased 55% (963 to 1,490) and the rate increased 35% (56.2 to 75.7 per 100,000 population).
- Cincinnati population: 309,536
- Median age passed 38 years old in 2020
- Cincinnatians aged 65+ make up 14% of the population
- Built on hills: Many houses have multiple staircases, increasing risk of falls



The Role of the City of Cincinnati Government

Proposal 1: Nursing Services

- The City of Cincinnati offers Medicare-certified home health services to all age groups in the Greater Cincinnati area.
- Services offered include skilled nursing care, medical social services, home aide care, and other essential health services.
- **Our proposal: include home repair for individuals in the city who are high risk for falls**
 - A partnership with PWC for those individuals already receiving home nursing services would keep Cincinnatians safe and independent in their own homes without costing the city more in home health care.

The Role of the City of Cincinnati Government

Proposal 2: Healthy Communities Program

- A program that puts Cincinnati city funds towards active living, food equity, and infant vitality
- Not currently a sub-program dedicated solely to programs that support the elderly populations
- **Our proposal: Allocate a higher proportion of these funds towards a program that ensures home safety, social services, and fall prevention for our older populations**
 - Remove funds from the tobacco free living program to allocate towards this as there is already another tobacco retail licensing program that ensures young people have limited access to tobacco.