

# SAFE STEPS

## A Fall & Fire Prevention Campaign Targeting Older Adults

September 18-27, 2008 is *Fall Prevention Week*. Join this county-wide fall and fire prevention public awareness campaign targeting older adults. Attend a **Train-the-Trainer** workshop this May and learn how you can provide important fall and fire prevention messages to your senior population. Then become a partner by hosting your own fall and fire prevention educational event.

### WHO SHOULD ATTEND

Staff and volunteers who work with older adults such as:

- Adult Day Centers
- Activity Directors
- Physical Therapists
- Occupational Therapists
- Senior Centers
- Fire & EMS Providers
- Senior Housing

### WHAT YOU WILL LEARN

- Ways to help older adults live safe and independent lives
- Tips and insights from experts in the field
- Approaches to use in your own trainings
- Best practices for hosting and marketing your event

### RESOURCES PROVIDED

- Toolkit including information on exercise, fire safety, vision, medication, home and balance assessments, as well as the SAIL book and CDC materials
- Scholarship opportunity-\$200 for event hosting (details provided at workshop)

## TRAIN-THE-TRAINER MAY 2008 WORKSHOPS

### WORKSHOP A

Wednesday, May 7 | 8:30 a.m - Noon  
Puget Sound Education Service District  
800 Oaksdale Ave. SW, Renton

or

### WORKSHOP B

Thursday, May 8 | 8:30 a.m. - Noon  
North Bellevue Senior Center  
4063 148th Ave. NE, Bellevue

**Register Early. Space Is Limited.**  
**\$15.00 registration fee**

Registrations for the May Train-the-Trainer workshops must be received by April 15.

1. Log onto [www.4elders.org](http://www.4elders.org) and register online via purchase order or credit card
2. Mail your completed registration form below with purchase order or check to:

**SAFE STEPS**  
**Healthy Aging Partnership**  
c/o Moore Ink.  
4422 48th Avenue South, Seattle WA 98118

Make checks payable to: Healthy Aging Partnership

For more information: **206.263.8544**

**YES, sign me up for the Fall and Fire Prevention Train-the-Trainer Workshop.**

NAME: \_\_\_\_\_ AGENCY: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ CITY \_\_\_\_\_, WA ZIP \_\_\_\_\_

PHONE: \_\_\_\_\_ EMAIL: \_\_\_\_\_

**CHECK ONE ONLY :**      **WORKSHOP A**      ( )      **WORKSHOP B**      ( )