



**OUR MISSION**

To provide superior quality health care to Riverside County residents with a special focus on individuals and populations in need.

**OUR VISION**

To benefit all residents of Riverside County by serving as an academically affiliated primary, secondary, and tertiary level health care center, with a tradition of superior quality and service.

**OUR VALUES**

- Commitment:** superior service to all
- Compassion:** service with respect, dignity and sensitivity
- Integrity:** the highest level of ethical and professional conduct
- Fiscal Responsibility:** careful use of scarce resources
- Quality:** achieve the best outcomes
- Safety:** make patient safety the utmost concern
- Innovation:** encourage creativity and a willingness to accept new ideas
- Collaboration:** value and cultivate teamwork among all staff and outside organizations or groups
- Community:** reflect community needs in planning for services
- Diversity:** recognize the values and diversity of staff, patients and community



**MORONGO  
BAND OF  
MISSION  
INDIANS**



**RIVERSIDE COUNTY  
REGIONAL MEDICAL CENTER**

**MORENO VALLEY CAMPUS—MEDICAL CENTER**  
26520 CACTUS AVENUE  
MORENO VALLEY, CA 92555  
951.486.4000

**ARLINGTON CAMPUS—PSYCHIATRIC CARE FACILITY**  
9990 COUNTY FARM ROAD, SUITE 2  
RIVERSIDE, CA 92503  
951.358.4700

[www.rcrmc.org](http://www.rcrmc.org)

**TRAUMA INJURY PREVENTION PROGRAM**  
Supported by the  
**Morongo Special Distribution Grant**



*Growing Older  
Gracefully*

*Working with Our Community  
In Keeping Everyone Safe.*



# Making a few simple adjustments in the home can help prevent injury



## SIMPLE ADJUSTMENTS TO MAKE YOUR HOME SAFER

- Stairways should be well lit and have secured handrails on both sides of the stairs.
- Remove all tripping hazards around the home such as throw rugs, clutter, children's toys, shoes and newspapers. Keep walkways and hallways clear.
- Put non-skid rugs on bathroom floors. This is probably the most dangerous room in the home because of hard surfaces, small spaces to maneuver, and water from showers and tubs.



- Make use of a shower chair or a transfer bench to assist in getting in and out of the bathtub.
- Use a toilet safety frame, commode or raised toilet seat. Install grab bars near toilet and shower/tub as a means of balance in getting on and off the toilet or in and out of the shower.
- Use a bed rail for getting in and out of bed. This is ideal for those who have had a stroke or hip surgery.

## KEEPING ACTIVE IS PREVENTATIVE AND REDUCES RISKS OF FALLS

Activities help keep people pliable, flexible and young. It improves balance and increases mobility.

- Take a local yoga class, tai chi or stretching class.
- Swimming is an excellent way to stay fit and strong.
- Take a long walk every day to keep your motor running.
- Take up a hobby and enjoy life.

## GROWING OLDER GRACEFULLY

### Falls are Preventable!

- As people grow older the risks of falling become greater. Weakened leg muscles, limited dexterity, and impaired vision are just a few factors that can contribute to a fall which may result in injury or worse.
- Fall prevention and making the home safe is extremely important for small children and the elderly.
- Making a few simple adjustments in the home can help prevent falls and protect people from injury.

