



MORONGO BAND OF MISSION INDIANS



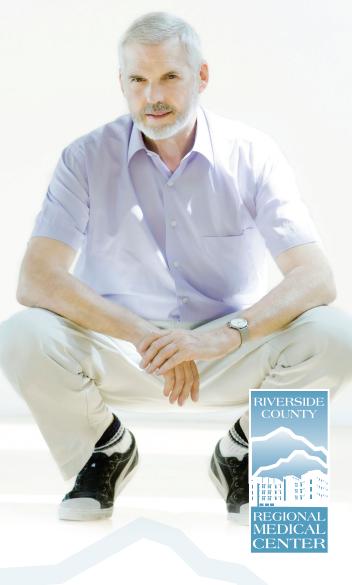
RIVERSIDE COUNTY REGIONAL MEDICAL CENTER

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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.





OURMISSION

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

OURVISION

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.

OURVALUES

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



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.

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.

