NFPA’s Remembering When: A Fire and Fall Prevention Program for Older Adults

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A comprehensive program created by NFPA and the Centers for Disease Control and Prevention

• Remembering When™
Older Adults at Greater Risk

• Adults 65 years and older are more than twice as likely to be killed in a home fire compared to the population at large.

• 30-35% of people 65 and older fall each year.

• 1 of 5 falls causes a serious injury.
Goals and Objectives

• To reduce deaths and injuries from fires and falls among people age 65 and older

• To create a program focusing on key fire and fall prevention messages

• To implement the program through fire service, public health workers and others who reach out to the older population
Strategies: Group presentations, Home Visits and Smoke Alarm Installation
Development of the *Remembering When* Program

- Literature Review
- Technical Advisory Group
- Focus Groups
- Design
- Formative Evaluation
FORMATIVE EVALUATION
Formative Evaluation

- Alaska, Arkansas, Mississippi, Atlanta and Cleveland
- Focus Groups
- Field Test to determine effectiveness of curriculum and design. (Group presentations and home visits).
Focus Group Conclusions

- Presentation brief
- Delivery to active and homebound
- Focus on key messages
- Experts to decide important content
- Presenter should be an expert and trusted person.
Formative Evaluation

• It tested the curriculum draft.
• Group presentations and home visits were conducted.
• Surveys were given to facilitators and older adults.
Formative Evaluation

• The program was considered relevant and on target.
• There were suggestions for minor changes to the program guide and the message cards.
• Older adults expressed willingness to make changes in their home and listed what they would change.
• Group presentations were longer than anticipated but they kept the interest of older adults.
PROCESS EVALUATION
Remembering When Scholarship program

- Awards scholarships to 35 cities or towns
- Trains partners – fire department and older adults home visit agency
- Outreach through group presentations and home visits
Implementations for four years 2008-2011

128 communities reporting

• Group Presentations 834
• Older Adults participating 25,544
• Train the trainer sessions 228
• Home visitors trained 3,563
• Home visits conducted 8,442
Remembering When Evaluation by CDC’s National Center for Injury Prevention and Control

• The purpose was to determine the effects of the program on participants’ knowledge and home safety behavior.
• It focused on group presentation format and home assessments using treatment and control sites.
• There were pre, post, and follow-up questionnaires.
Results

- Treatment site - significant pre to follow-up change on 8 of the 19 knowledge items
- Control site – significant pre to follow-up change on 3 of the 19 knowledge items.
- Average increase for fire items was more than double control site.
- Average increase for fall items was slightly more than control site.
- The treatment site had significant, home safety changes on three smoke alarm messages.
Recommendations

• Implement an older adults fire and fall prevention program based on solid evaluation, such as *Remembering When*.

• Keep track of your outreach.

• Keep track of environmental and knowledge changes.
RESOURCES
www.nfpa.org/rememberingwhen

- Curriculum and reproducible handouts
- PowerPoint® Presentations
- Research Reports
- Curriculum in Spanish
- Handouts in 18 languages
- First Nations Remembering When
- Posters
- Scholarship Awards