Fire and Fall Prevention for Older Adults: The NFPA Remembering When™ Program

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The National Fire Protection Association
Remembering When™
A Fire and Fall Prevention Program for Older Adults

A Community Approach:
• Fire and Life Safety Educator
• Home Visiting Professional / Volunteer
• And…..

Program Delivery:
• Group Presentations
• Home Visits

Training available directly & indirectly from NFPA

nfpa.org/rememberingwhen
Evolution of the Remembering When Program

1997 Technical Advisory Group: CDC and related experts

1997 Research & Literature Review

1998 Focus Groups, Pilots, & Field Testing in 5 U.S. Cities

1999 1st version of program available

2004 Program Evaluation with CDC & State of Virginia

2008 Annual Scholarship Conferences begin

2013 Revised program available online for free

2015 Program Evaluation University of Iowa

2016 New tools for local program evaluation

nfpa.org/rememberingwhen
Community Members At Risk:
The Fire & Fall Problem Among Older Adults

Benefits of the *Remembering When* Fire & Fall Prevention Program:

- Older adults live safely at home longer
- Fewer injuries from fires and falls
- Collaboration across community agencies
- Opportunities to increase social connectedness
- Provide tangible actions for older adults to impact health status
- Train participants to serve as prevention advocates
- Service to older adult residents
- Decreased reliance on EMS service

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Group Presentations & Home Visits

- Build trust through credibility & respect.
- Review the Fire / Fall Prevention & Safety Tips.
- Help residents identify fire & fall hazards in their homes.
- Work with the resident to identify preventive action steps.
- Provide referrals if appropriate.
- Provide contact information for additional questions and follow up.
The 2015 *Remembering When* Evaluation Project

Partnership between NFPA, The Fire Protection Research Foundation, and the University of Iowa Injury Prevention Research Center

Prospective, cohort design comparing:

- Older adults receiving a home visit
- Older adults receiving a home visit and group presentation

- Identify program components and content that work well
- Identify what could work better

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The 2015 *Remembering When* Evaluation Project

Sample of Findings:

• Older adults are participating in fire & fall prevention behaviors, but….

• No difference between study groups

• Perceptions: After the program, participants’ sense of control in preventing fires and fall increased.

• After the program, the number of participants who talked to family & friends about fires and falls increased.
The 2015 *Remembering When* Evaluation Project

Sample of Findings:

Changes in Fire Behaviors: After the program, more people
• understood how use the Stop, Drop, Roll procedures
• installed smoke alarms on every level of the home
• installed smoke alarm inside each bedroom

Changes in Fall Behaviors: After the program, more people
• cleared their paths of travel
• used non-slip mats
• turned on lights before using the stairs
• installed grab bars on the walls next to the bathtub, shower and/or toilet
The 2015 *Remembering When* Evaluation Project

Next steps:

• Continue learning through further research

• Larger samples with increased diversity

• Develop tools
  • assist local programs in the evaluation process
  • continued data collection
Thank You

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