

Injury Prevention Safety Tips:

1. Get regular medical checkups.
2. Eat a healthy balanced diet and stay hydrated.
3. Stand up slowly to avoid dizziness.
4. Get your vision and hearing checked regularly and update prescription glasses when needed.
5. Review your list of medications and use a pillbox to keep track of medications.
6. Do strength and balance exercises regularly with the advice of your health provider.
7. Make sure you can easily reach the items that you frequently use.
8. Arrange your home furniture to create clear pathways.
9. Remove clutter from your home, especially on the stairs.
10. Keep your pets' food, water and bedding out of walkways
11. Remove throw rugs and secure carpet to the floor.
12. Make sure your home is well lit, especially stairways.
13. Use a cane or walker for support as needed.
14. Use non-skid mats in the bathroom and kitchen.
15. Keep a cordless phone with you at all times.



CHIPPS COMMUNITY & HOME INJURY PREVENTION PROGRAM FOR SENIORS

Be Safe and
Reduce Fall Risks

San Francisco Department of Public Health
Community Health Equity & Promotion
25 Van Ness Avenue, Suite 500
San Francisco, CA 94102

Phone: (628)-206-7695
Fax: (415) 554-9636
Email: CHIPPS@sfdph.org
www.SF.gov/CHIPPS

The Community and Home Injury Prevention Program for Seniors

CHIPPS is an education and injury prevention program supporting older adults and people with disabilities to reduce the risk of falls and prevent injuries.

CHIPPS Services

Home Safety Assess

A CHIPPS staff will visit your home, walk through each room with you, note potential hazards, and provide injury prevention education and make recommendations to create a safer home environment. CHIPPS may also provide safety tools as needed.

Minor Home Safety Modifications

After completing the Home Safety assessment, CHIPPS staff will make safety modification recommendations and coordinate safety installations for your home, which may include installing grab bars and other safety items by insured and trained installers.

Injury Prevention Education Workshops

CHIPPS provides fall and injury prevention presentations throughout SF with practical tools and recommendations for behavior and home environment changes to prevent injuries. Contact us to schedule a community presentation for your residents, activity participants, health professionals, and more.

Our staff speak Spanish, Cantonese, and Mandarin, and interpreters are available in other languages.



Free Home Safety Assessments

- 60 years and older or have a disability
- Live in San Francisco

Free Minor Home Safety Modifications

- Complete the Home Safety Assessment
- Meet income eligibility (see referral form)

Steps to Request Service:

- #1: Call, Email or Fax your referral form to CHIPPS
- #2: CHIPPS staff will schedule a Home Safety Assessment with you
- #3: CHIPPS staff will meet you at your home

Scan to see the
CHIPPS referral form



Scan to see the
CHIPPS website



- * **FREE** Minor Home Safety Modifications based on program funding availability.
- * List of private contractors are available for those who do not meet income eligibility.