

## Fall Prevention:

### Tai Chi—

A certified Tai Chi instructor, teaches Tai Chi for Arthritis for people over age 60 (or over age 18 with disabilities). It is an eight week program, twice a week hour each class, for a total of 16 sessions.



## *Injury Prevention/ Community Outreach Department*

### Home Safety Checks

### Fall Prevention/Home Safety

Educational program for the seniors citizens;

such as having adequate lighting in and around the home, having medications checked frequently, balance issues, vision checks, and other ways to keep their home/apartment safe.

## Fall Prevention:

### Stepping On

The participants are over 60 year of age, and they meet one day a week, with each session being two hours, for seven weeks designed for people who are: 1) at risk of falling; 2) have a fear of falling, or 3) have fallen one or more times. During the seven-week program, guest speakers come in, such as a Vision Specialist, Pharmacist, and Community Safety Expert. A Physical Therapist oversees the light balance and strength exercises at four of the sessions.

## Stepping On

For further information  
please contact **Marvin Berg, RN,**  
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### Nassau University Medical Center

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*Our goal is to  
help  
prevent  
injuries and  
save lives!*



## Teen Driving Safety

Focused on educating students as well as their parents on distracted driving. Program is provided in local school; high school, middle and elementary schools

Everyone is a pedestrian. Whether walking on a sidewalk, to a bus stop or through a parking lot, at some point in your travels, you are a pedestrian. It is important that everyone know the rules of the road; best practices for safety.



## Bike & Helmet Safety

This program is offered to all ages. We discuss the importance of wearing helmets when riding bicycles and how to properly adjust helmets. Traffic laws and safety topics are reviewed as well.

This is a hands on program offered to all ages on the signs and symptoms of concussions; what to look for and when to seek treatment

## CONCUSSION AWARENESS

# Safety Doesn't Happen By Accident ...

## SUBSTANCE ABUSE PREVENTION

Partnered and coordinated with Nassau County Heroin Prevention

Task Force to ensure the community is educated on the dangers of alcohol/substance through various programs



We provide car seat safety checks for our community. A certified car seat technician ensures that families are aware of the correct installation and have the appropriate car seat for their child.

## Motor Vehicle Safety What You Need To Know



We collaborate with the Nassau County Traffic Safety Board and AAA of NY to help provide important safety programs to our community, such as

CarFit. CarFit is an educational program that offers older adults the opportunity to check how well their personal vehicles "fit" them. The CarFit program also provides information and materials on community-specific resources that could enhance their safety as drivers, and/or increase their mobility in the community. We also provide lectures to adults and senior citizen groups on this safe driving.

In collaboration with the NYC Poison Control Center our goal is to provide education on such topics as carbon monoxide safety/awareness, medication safety, substance abuse awareness/prevention, and environmental safety.



Uncontrolled bleeding injuries can result from natural and manmade disasters and from everyday accidents. If this bleeding is severe, it can kill within minutes, potentially before trained responders can arrive. Providing bystanders with basic tools and information on the simple steps they can take in an emergency situation to stop life threatening bleeding can save lives. Research has shown that bystanders, with little or no medical training, can become heroic lifesavers. Similar to the use of CPR or automatic defibrillators, improving public awareness about how to stop severe bleeding and expanding personal and public access to Bleeding Control Kits can be the difference between life and death for an injured person.

## Bleeding Control for the Injured

Learn life-saving interventions designed for anyone.