



Memorial Healthcare

INJURY PREVENTION PROGRAM

FAMILY, SCHOOL, AND COMMUNITY RESOURCES:

- **Take the Falls Free Check Up:**
 - <https://www.ncoa.org/age-well-planner/assessment/falls-free-checkup>.
 - More than one out of four people 65 and older falls each year, and over 3 million are treated in emergency departments annually for fall injuries. Learn how to stay safe and Independent: www.cdc.gov/steady and www.ncoa.org
- **Strength and Balance to prevent falls:** Contact the Memorial Healthcare Wellness Center at (989) 720-7081 for classes on strength and balance.
- Help **Stop the Bleed** and Save a Life! www.bleedingcontrol.org/
- Distracted driving is a leading cause of crash-related injuries and deaths. Put down the phone and drive **#thinkaboutyourtom**
 - Click the link below to hear about Tom's Story. In this special episode, Jon Hall shares the tragic 2016 death of his father, Tom, a motorcyclist who was overtaken by a distracted driver.
<https://www.youtube.com/watch?reload=9&v=7kbC2wAB9oQ>
- **MI Prevention** has helped make the State of Michigan residents safer in their communities. Click on the links for how to keep you and your loved ones safe: www.michigan.gov/miprevention
 - **Home Fire Safety Checklist:** <https://www.michigan.gov/lara/-/media/Project/Websites/lara/bfs/MI-Prevention/Documents/Home-Safety-Checklist-FINAL.pdf?rev=c9fcc7c5c9db412aa7241da14e7b05dd>
 - **Create a Fire Escape Plan:** <https://www.michigan.gov/lara/-/media/Project/Websites/lara/bfs/Folder21/2019-lara-fire-escape-plan.pdf?rev=ef2a5aa7ebb24c2388c76743e567ba08>

- **Concussions: CDC HEADS UP:** Keeping children and teens healthy and safe is always a top priority. Whether you are a parent, youth sports coach, school coach, school professional, or health care provider, this site will help you recognize, respond to, and minimize the risk of concussion or other serious brain injury.

<https://www.cdc.gov/headsup/>

- **Sports Related Injuries:** [Click here](#) to listen as Dr. Ashraf Elbanna speaks about his Monday walk-in Sports Injury Clinic on the [Memorial Healthcare Health Focus Podcast](#)

Learn more about our Walk-in Sports Injury Clinic with board-certified and Cleveland Clinic fellowship-trained orthopedic surgeon Dr. Ashraf Elbanna, at Memorial Healthcare Center for Orthopedics. Hosted by Gregory Flermoen, MD, FACS, General/Trauma Surgeon at Memorial Healthcare. To learn more about Memorial Healthcare, visit MemorialHealthcare.org. To contact Memorial Healthcare Center for Orthopedics, please call (989) 541-BONE (2663).

- **National Human Trafficking Hotline:**
 - Call 1-888-373-7888 (TTY:711) or text 233733. If you or someone you know is a victim of human trafficking, call or text now.
 - <https://humantraffickinghotline.org/>