



## MSB's work with safety of the elderly

The MSB (Swedish Civil Contingencies Agency) has, as one of its tasks, support of safety of the elderly both locally and nationally. The work aims to halt the negative trend in the increasing numbers of fatalities and injuries resulting from accidents. By funding research on accidents (especially falls) amongst the elderly, the MSB is able to provide municipalities and local authorities with strategies and guidelines for accident prevention/safety promotion work. The MSB collates statistics and information describing injury trends amongst the elderly. The MSB also provides a forum for municipalities to share good examples of each other's accident prevention/safety promotion work, [www.msb.se/exempelkatalogen](http://www.msb.se/exempelkatalogen).

Guidelines for safety promotion/prevention work, [www.msb.se/aldre](http://www.msb.se/aldre).

Another example is a handbook "Everyday safety" which has been translated into six different languages. We have also created several films related to everyday safety and prevention, including two films on promoting simple exercises for healthy living i.e. "Exercise the right way in four different ways" both indoors and outdoors. There is also a film about fire "There's a fire in your apartment... what do you do?".

You can watch the films on [DinSäkerhet.se](http://DinSäkerhet.se) or on YouTube.

In addition the MSB has published a handbook entitled "Working systematically for safety of the elderly".

A campaign day for senior citizen safety is held annually, on the first of October, which is the International Day of Older Persons as designated by the UN. Municipalities receive free campaign material from the MSB.

For further information please go to our websites [www.msb.se/aldre](http://www.msb.se/aldre) and [DinSäkerhet.se](http://DinSäkerhet.se) (65 +).

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Advice for the elderly and municipalities/local authorities.



From the movie "There's a fire in your apartment – what do you do?".

The movie is also available in Swedish, Arabic, Bosnian, Finnish, Persian and Somalian.



From the movie "Exercise the right way in four different ways with Carl Jan Granqvist".



From the movie "Exercise the right way in four different ways with Alexandra Charles".

The movies are also available in Swedish, Finnish, German, Persian, Serbian and Arabic.