



Ludvika municipality

A Safe Community

Application 2011



LUDVIKA KOMMUN



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Application for re-appointment as a safe community of the International Safe Community Network

Introduction

Ludvika municipality has a long tradition of active work to prevent accidents. In the early 1990s the health department created an interdepartmental group which got involved in accident and injury prevention in the initial stages.

In 1991, the first accident report was made, which in a clear manner illustrated the injuries in the municipality. It showed that children and elderly were the most vulnerable groups and the main problem was fall accidents among elderly women. Action plans and possible measures were presented, and a long term project was planned to improve the accident statistics.

In 1995, the municipal council adopted a health policy program with the aim to work towards A Safe Community. The goal was to reduce accidents. The work would focus on the statistically most affected groups: children, youth, elderly, athletes and road users.

Further, the aim has been to include thoughts about accident prevention and to create routines in the ordinary activities in the municipality, both in enterprises and among the inhabitants. This is a process that is ongoing and where the activities develop by involving the community's existing network. It is about arousing interest about the realities in the municipality and to find common solutions.

This work resulted in that Ludvika was appointed as A Safe Community in 2000.

The Future

Ludvika municipality considers that injury prevention is a major issue and a priority to respond to the municipality's vision of creating a good environment for both visitors and population. To be able to continue its commitment as A Safe Community it is essential for a sustainable and secure society in all its aspects and dimensions.

1. Ludvika municipality

Ludvika is situated in Dalarna, which is both the name of the province and county. The municipality is growing and has about 25,800 inhabitants. The central town of Ludvika, which is the third largest city in Dalarna, is home to about 13 700 people.

In Ludvika, the population increases, companies are being established, entrepreneurs invest. Here is modern technology, research and development. ABB, STRI, and High Voltage Valley make Ludvika an international center for power transmission. There is also Spendrups, one of the largest breweries, and Säfsen Resort, which has been nominated for the "TRIP Global Award," for being one of the five best experiences in Sweden for foreign visitors. The mining industry has advanced plans to restart several mines in the municipality.

Our residents receive services in: school, child and elder care, cultural and leisure activities, local transport, road maintenance, water and sewerage, sanitation, and much more. As a community we are also responsible for continuing to develop Ludvika towards a sustainable and an increasingly attractive district for both residents and visitors.

2. Criteria for a Safe Community

A Safe Community - which is an important strategy in WHO's international injury prevention program as a model for injury prevention work in the local communities. The main idea is to create a structure for cooperation between different parties in a society. This structure is cross-sectional and is based on and builds on regular activities.

To be appointed as A Safe Community is a requirement that the municipality meets certain established, internationally applicable criteria in its organization, programs and procedures with documentation and evaluation of the injury prevention work.

The following criteria must be fulfilled:

1. An infrastructure based on partnership and collaboration, governed by a cross-sectional group that is responsible for safety promotion in the society.
2. Long-term, sustainable programs covering genders and all ages, environments and situations.
3. Programs that target high-risk groups and environments, and programs that promotes safety for vulnerable groups.
4. Programs that document the frequency and causes of injuries.
5. Evaluation measures to assess their programs, processes and the effects of interventions.
6. Ongoing participation in the national and international Safe Community networks.

2.1. Infrastructure based on partnership and collaboration, governed by a cross-sectional group that is responsible for safety promotion in the society.

The overall objective of the municipality is:

High quality of life in Ludvika

Create conditions for good health and quality of life on equal terms for the population in Ludvika.

The cross-sectional cooperation is integrated into the ordinary activities of the municipality and in collaboration with the community participants concerned.

2.1.1. Organization of Ludvika Municipality

The highest authority is the municipal assembly that amongst other things, decide on budget, taxes and other charges.

The municipality's organization and activities are regulated under municipal laws which are the same for every municipality and county council in Sweden. Ludvika has ten political committees which are responsible for all the different activities in the municipality, such as social services, school and education, environment and building, culture and leisure, road and traffic, and several others that take care of general interests for its residents and visitors.

2.1.2. Overall responsibility

Security Group

The municipality's security policy is the basis for achieving a high level of security, so that we as far as possible can prevent damage to life, property, environment, capital and also operational disruptions. The work includes work and external environment for employees, users of the municipal services and local residents in general, and the municipality as a geographic area.

The municipal executive committee has the overall responsibility for the municipality's security work. The security group is tasked to coordinate and develop the security work. This mandate includes leading, taking initiative, and developing the work of a safe community. The security group meets every month to evaluate and discuss all security matters and consider actions. Every management or activity area is responsible for their part in the injury prevention work with the support and leadership of the security team.

Within the municipality's systematic safety work a safety file has been prepared as a tool. The file contains guidance for the municipal administration and companies on performing systematic fire protection, safety inspections and risk inventory.

2.1.3. Resources for the injury prevention work

Public Health Work

The public health work is carried out in harmony with the vision and the intended direction that are already set for Ludvika. Public health work is an integral dimension in the work that the municipality is doing.

To be and remain a member of the network of Safe Communities is a key strategy in the municipality's public health work. Ludvika and the County Council have a jointly contract on a public health coordination function. The County Council also assists with statistical data and has for many years systematized their accident and injury reporting.

This cooperation represents a common platform for the injury prevention work where safety, public health, sustainable development, and protection against accidents are covered.

Emergency Services

To achieve the security goal for the rescue board, emergency services work in three areas.

- A risk and safety conscious generation
- Risk and safety-conscious businesses and organizations
- A safe environment to reside in

The Swedish National Council for Crime Prevention

Reducing crime and increasing security in society is everyone's responsibility. Through the Swedish National Council for crime prevention, the conditions for all interested parties to work together in this area are increased. The local Council for Crime Prevention is represented by politicians and officials from relevant departments, local authorities and police. The Council is working and planning its efforts in an annual action plan.

Security

Security-building measures in the form of safe walks and measurements under the Space Syntax method identifies and shows how people choose or avoid areas in the center of Ludvika. The survey has led to the parks and dark areas getting new lighting and dense vegetation has been removed, in order to open up and provide transparency and lighting in the area.

Organized crime

In Ludvika there is a strategy to combat organized crime. In particular, the work consists of making it difficult to establish criminal networks and to disrupt their activities. The work is done in collaboration with social functions and authorities.

Xenophobia

The Swedish National Council for Crime Prevention and the municipality's security team strongly discourage the establishment of xenophobic networks in the municipality.

Collaboration between the Municipal Integration Department and Recreation Department with recreation field assistants has led to more leisure activities for young people. Football across ethnic and cultural borders has been one of the more successful concepts to unite and integrate people.

2.1.4. Local resident's opportunity to participate

A successful injury prevention work is based on the involvement and commitment of everybody. For the most part it is about increasing people's awareness of their own behavior, but also about creating a physical environment that is as safe as possible. Therefore it is required that the work is rooted and accepted at all levels of society.

The best effect of the work is reached when one focuses on prevention in the locations where accidents frequently occur. The municipality is responsible for many of the residents' areas, such as transport, leisure facilities, schools, childcare and retirement homes.

One way to emphasize this responsibility is to safeguard the practices in injury prevention work, and further ensure that the networks, both within the municipality and with other parties, is working to make it possible to find common solutions in conjunction with for example associations and user-interest groups.

Accessibility for people with disabilities

Everyone is entitled to and shall be given the opportunity to participate in everyday social life on equal terms. People from DHR (The Disabled Persons' Association) and HSO (Handicap Unions Cooperation Agency) and an investigator from the municipality's technical office have formed a task force to identify and measure different proposals for increased accessibility.

Plan for children and youths

Children and youths opportunities to influence their daily lives is a priority area that is continually evolving. The United Nations Convention of children's right and a child's perspective on what's best for them shall permeate all activities.

Home Page

On the municipals website there is current information and links to various places to create awareness and accessibility. But it is also a forum for comments and dialogue with citizens. Hazardous environments or situations can be reported through the website or directly to the appropriate management.

The Risk Line

The Risk Line was introduced in July 1996 in collaboration with the County Council, Ludvika municipality and the national emergency alarm agency. With the aim to create an easy reach phone number for citizens to report incidents and actual events in the local environment. The phone number is however used less often, probably because other forums exist to meet the objective.

2.2. Long-term, sustainable programs covering genders and all ages, environments and situations

This program targets all residents of Ludvika municipality. Using primarily injury reporting, political decisions, research findings, ours and others' experiences Ludvika municipality has chosen to work long term as well as in several dimensions regarding security and safety.

The outlined plan is an important strategic tool for the municipality's development to create an attractive and safe living environment in Ludvika. In the new outlined plan, public health importance and the availability and secure housing for the elderly are highlighted. Proximity to nature for health and recreation, and opportunities for social meeting places.

The municipality shall, as far as possible, maintain and correct weaknesses, providing information to local residents, affect behavior and attitudes in a positive direction. Develop and plan for availability and security. Contribute to a more risk and security conscious generation.

2.2.1. Road and traffic safety

The technical administration, in consultation with the concerned continuously inventories and maintains faults and weaknesses in the street network. The different road relationships outside the municipality's commitment can seek financial support for maintenance and road improvements to make every effort to maintain a good safety.

To reduce car dependency and create alternative travel opportunities for increased health and safety and for the environment is an important strategy for a sustainable and secure society. Among other things, an urban development project started with a focus on an analysis for increased security of Ludvika thoroughfares.

Public transport

The municipality has both fixed bus routes and demand-responsive public transport. Special consideration has been given to school children and the need for elderly to transport themselves for errands or everyday activities.

The traffic company carries out surveys of citizens to respond to demands and future improvements to public transport for the population.

Bicycle Plan

Alternative means of transport is prioritized in the municipality to protect the environment, health and safety. A survey of the municipality's net of cycle and walking paths have been prepared and made visible through proper signage of the routes and also to improve and expand the existing bicycle paths. This is meant to increase the use of the bicycle as an alternative to travel to and from work as well as for leisure and recreation.

2.2.2. Coordinated supervision

The municipal licensing, enforcement activities and prevention efforts are housed under one board, the Environmental and Building Board.

Ludvika municipality is conducting a coordinated supervision of companies and businesses that sell tobacco, beer and non-prescription drugs. The supervisory authority together with the public health coordinator have built a system for interfacing with operators who deal with tobacco, alcohol and prescription drugs, an education on the basis of public health, children's perspective and current legislations.

This approach is effective and helpful for retailers to ensure good practice around availability and health aspects.

2.2.3. Alcohol – Drugs - Tobacco prevention

Ludvika Municipality is working to counter access to and use of drugs, alcohol, tobacco and doping with particular regard to the protection of minors from an early use of alcohol, drugs and tobacco.

This is a continuous work in progress both locally, initiated by the local chapter of The Swedish National Council for Crime Prevention which also has monitoring responsibilities. Work is also done in collaboration with the municipalities and with the support of the County Administrative Board.

Efforts are primarily designed to influence adults and parents attitudes and to form an opinion around the issue of illegal alcohol sale and drug sales, but also for adults offering or obtaining alcohol for minors.

Ludvika is part of a countywide project, "Dalarna prevents tobacco". The campaign aims to reduce tobacco use and prevent early use of tobacco among young people. Emphasis is laid on smokeless and tobacco-free upbringing and school environment.

Responsible alcohol serving

There is a strong link between alcohol and violence. The coupling is larger in countries where there is a binge culture, for example in Sweden. The scientific evaluated method called responsible alcohol serving aims to reduce the restaurant-related violence. Ludvika has for years successfully used this method to reduce intoxication levels inside the pubs and to prevent serving alcohol to minors.

Drunken driving

The municipality is part of the countywide project SMADIT (cooperation against alcohol and drugs in traffic) where the police, the County Administrative Board Dependence Unit Section 65 and the municipal social services will offer support / treatments for individuals found drunk in traffic.

The Kronoberg Model

The police in Ludvika work with the Kronoberg model which involves outreaching activities during evenings and weekend nights, and the seizure and immediate confiscation of alcohol that is found on minors, and reporting cases to social services if underage drinking is found. The police are actively working against drug dealing and illegal alcohol sales.

ÖPP

Social Services and the Education department have on the school's parent-teacher meetings worked through the ÖPP method, "Örebro Prevention Program" against underage drinking, in order to influence parents' attitudes towards young people's drinking. The program is introduced in grade 6 with various parts during high school.

The City Group

Night patrols are made by resource people from the Social Services and Leisure Department during the summer months, high risk evenings and core events. The main purpose is to prevent minors from alcohol and drugs, and to support and help.

Parent walks

Volunteer parents perform night patrols during risk evenings and nights.

Volunteer organizations

Educational associations and organizations with ideas offer support and cooperation within the field.

RIA offers valuation exercises for students in grade 6 and arranged information evenings for parents about alcohol and drug issues.

Parents against Drugs, FMN

Is a voluntary organization that works constantly to support parents and to give knowledge how to prevent drug addiction.

2.2.4. Mental Health

Several consistent studies show that mental illness is a widespread public health problem today, mainly among adolescents and young adults.

Early intervention and support for families and parents are investments that Ludvika sees as essential to increase the safety and health factors around children and their families. The support is both systematic and if necessary targeted. Collaboration takes place between the County Council of Dalarna, several voluntary organizations, and educational associations. It is important to early create a good relationship between parents and the expectant or new born baby

General measures

Parent groups for new and expectant parents are offered to all in Ludvika municipality. It follows the methodology ICDP, guiding interaction, including maternity and child care center's basic program, including information on accident prevention and safety equipment to create a safe environment in the home and surroundings.

Family Center

The family center is a contact center for children and parents. Here municipality and County Council cooperate about preventive and supportive efforts for families with children from 0 to 6 years. Open pre-school and baby cafés are examples of meeting places for parents and children. The base is the general maternal and child health care in collaboration with the open pre-school, and from the social services, individual and family care.

Preventive measures for families

With the goal to increase the mental health of children and young people, the municipality has decided to offer a general parental support according to the COPE model, Community parent education. The municipality has experience of the program since 2004.

Research has shown that parents are the most important protective factor for their children. Supporting parents will promote children's health.

Parent support program COPE will in 2012 be offered in a larger, systematic scale to reach even more families.

Newly arrived refugees and immigrants with information and training in "the Swedish Code" and "the Swedish code" for families where the emphasis is on the United Nations Convention on the Rights of Children, human rights and the applicable Swedish laws and regulations.

Theme Meetings and Lectures

The public health planner in cooperation with the County Council, Leisure Administration offers lectures and meetings for parents and young people under different themes and areas annually.

Relative Support - Parents Groups

The Human Health and Care Department has recruited a resource person for helping relatives with support and contact in various problem areas.

Democracy and empowerment of young people in Ludvika

The Youth Council and Youth Committee give young people the opportunity to affect their daily lives in Ludvika on their own terms, exert influence on political decisions, and run their own projects or have views about how the city is developing.

Youth clinic

The youth welfare clinic gives support for young people. They can find support and help both for physical and mental health problems, and advice on topical issues.

Children and youth forum

This is a steering group for children and youth. The municipalities of Ludvika and Smedjebacken, Police department and the County Council participate with the goal to jointly ensure that the United Nations Convention on the Rights of Children, and to secure that good living conditions are followed.

Ludvika Municipality's Crisis Team - POSOM

POSOM look after psychological and social care during and immediately following accidents and disasters when regular resources are not sufficient. The purpose of the group is to try to alleviate the emergency and thereby prevent mental illness in the long run.

2.3. Programs that target high risk groups and environments that promote safety for vulnerable groups

The work for a safe community in Ludvika is aimed at all ages, environments and situations, but with special attention to high risk groups.

In Ludvika we have chosen to pay particular attention to children and young people, older people, road users and injuries in sport and recreation.

More general measures of several of these groups have already been described in the application. Here is a description of efforts to target groups or areas that are particularly vulnerable, or more vulnerable.

2.3.1. Children and adolescents

Safety at school

A large emphasis is placed on keeping a good and high security at local schools. A well-defined program with several key areas has been developed and is continuous pursued.

Grades 1-9

All students must be offered an equivalent level of fire and safety training during their schooling in Ludvika.

From first grade and up, students are trained by the fire services in the knowledge of fire, safety, alarm, firefighting and lifesaving.

Systematic Safety

School staffs as well as the students are involved via the security manager and there are specially trained security agents at every school.

Security officers are continuously working on systematic fire protection, safety and risk analysis of activities. The security team has developed a security binder where all the tools for fulfilling the mission are available. Security officers and agents undergo regular training and continuous education to maintain knowledge and skills for the security work.

Students and parents are able to, via the student council and activity council, affect the safety in the school and make suggestions and comments.

Swimming Ability

Ludvika Municipality places great importance on having a high level of swimming ability and all pupils receive compulsory swimming lessons. Swimming ability is checked by the grade 5 and any assistance will be deployed if necessary, if the student is not achieving approved swimming proficiency test. Swimming school and water games are offered during the summer.

Security

Value- and safety promotion in schools is guaranteed by all schools' working by equality plans in which both pupils and school staff are involved in the work.

Grade 4, Bicycle Safety

Since 2004, all students are trained in bicycle safety in year 4. Ambulance personnel, police and driving instructor's train students in a traffic practice area in the topics of:

- Bus safety
- Mobility training on bicycle on a planned technical course
- Simulated crash, a sudden stop at 7 km / h
- Safety and protective equipment for bicycle, car and bus
- Road safety and road signs
- First aid

Grade 8, Moped Safety

Moped training for all students in grade 8 has been available since 2006. Young people receive practical and theoretical skills to drive a moped and to ride safely. During the training day the students get knowledge from ambulance personnel, rescue personnel, driving instructors and police in the topics of:

- Bus safety
- Mobility and technical training on a moped
- Simulated crash, a sudden stop at 7 km / h
- Simulated car roll
- Traffic safety and the applicable rules of traffic
- Alcohol and drugs
- Penalties for violation of traffic laws
- First aid
- Attitudes and behaviors in the field of traffic

Safe routes to schools

City Council decided 1996-01-25 to give the Technical Committee and Social and Education Committee the task of establishing a working group of officials to continuously review the traffic environment at schools and kindergartens, and to propose measures and improvements from the surveys.

The survey is undertaken every five years and through interviews with staff at all schools and kindergartens as well as through discussions with Dalatrafik who drive the school buses, and by questionnaire to all pupils and their parents with questions about school road's route, perceived risks, locations of accidents, incidents and general comments on traffic situation.

Leisure and Events

The Culture and Recreation Department offers a variety of activities during school holidays. All events in the administration are alcohol and drug free. There is also cooperation with the police in the supervision of the sports hall facility.

The Youth center and community centers

The Youth Centre was founded in 1997 in the old police station in the center of Ludvika and was named Haffas. In 2009 the business was temporarily closed due the changing of facilities.

The inauguration of the new facilities took place in spring 2011. Haffas is a meeting place for young people by young people. The operation is based on initiative and format by the young people themselves. The youth house has common rooms, a café, and various creative workshops, music and rehearsal rooms. The center is for young people in secondary school age and up to and including high school age.

The Community centers are open some weekday evenings and are primarily based on the youth wishes and need of a range of activities.

Youth Fire Fighters

In one village in the municipality emergency services conduct youth activities with a focus on fire and rescue.

2.3.2. Targeted initiatives for individuals with special needs

Ludvika municipality is working in collaboration and in-house with specific actions in the form of individual support, group activities and with different programming methods.

Targeted programs

KOMET- education offered to parents and teachers to teach the tools that lead to less trouble and conflict at home and school which eventually will lead to a better relationship between the adult and child.

DISA

Self-strengthening groups with DISA, programs for girls in the 8 grade. The program is a CBT (cognitive behavioral therapy) program designed to prevent depression in adolescents and have scientific support with preventive effects in risk groups. The operation is part of the development of Social Service Department, family and school collaboration.

SET

Set programs in school classes to strengthen students' social and emotional skills.

ART

Groups of young people in need of ART, Aggression Replacement Training target anger control and self-awareness in how to deal with ongoing problems if required.

Unaccompanied refugee children with special needs

Regular information to newly arrived young people in asylum accommodation, about alcohol and its harmful effects, and integration into the wider community through leisure activities, support and treatment for the youth's specific situations.

Support for High School students

A project is a health care chain for vulnerable young people. It is collaboration between the Social Services Department, in Ludvika and Smedjebackens municipalities and secondary schools. The aim of the project is preventing maladjustment of young people, who run the risk of developing drug problems or have psychiatric problems.

Support for children in vulnerable environments

Aid in the form of group activities for children of alcoholics and children of the mentally ill are offered regularly. Program-driven activities aimed at lessen the feelings of guilt and to prevent and preempt that problems develop in these children.

2.3.3. Safe associations

Safe and secure association activities

Associations are an important factor for injury prevention work.

There are plenty of associations with many active participants in Ludvika. The municipality wants to offer support and safety in association activities.

In order to alleviate and prevent harm to people and property a systematic certification model has been developed.

The work is based on a systematic security document for the voluntary sector with the aim of incorporating safety thinking and to ensure procedures for security for the association. The association works through the document and converts it to the requirements the municipality submits into its associational activities and receives a certificate that the combination has achieved the set criteria for being a safe and secure association. The certificate is renewed annually and is reapplied yearly.

Work to achieve certification is about:

- Construction and local inspection
- Systematic fire protection work
- Policy for accidents and acute illness
- Leaders and officials trained in first aid and CPR
- Control of business equipment
- Policy for doping and drugs
- Verifications of the facility's external environment and traffic situation
- Policy for trips within the association
- Policy for local lettings.
- Environmental work
- Insurance and liability
- Injury Reporting / Incidents

2.3.4. Safety for Elderly

Injuries to persons are one of the major public health problems among elderly people in Sweden and Ludvika. Therefore, senior safety is a priority. Ludvika has for a long time developed a systematic preventive work among the elderly.

A management system called ARK is designed to ensure that safety procedures and responsibilities are followed.

Hygiene Representatives

Hygiene Representatives shall exist on the entire municipality's special housing and in ordinary housing. Personnel's knowledge of hygiene practices should be developed to prevent hospital-acquired infections and prevent spreading of disease. The work is also done in collaboration with the County Council of Dalarnas Health Division.

Fall Injury prevention

Falls and the consequences of falls is a major public health issue.

"Fall" means an event where a person accidentally lands on the floor or ground, whether or not physical injury is sustained irrespective of the cause.

There are many causes that contribute to the fact that fall accidents are common among the elderly.

It is a matter of judgment when assessing a person's risk of falling, the staff should consider a lot of topics like general condition, mobility, cognitive, and medical background, but also anxiety, fear and activity level, and risks in the environment.

It is very important to increase the awareness of healthcare workers, relatives, family members and healthcare staff's about the risks of falls through preventative measures, risk analysis, event reporting, risk management and action plans.

Examples of preventive measures can be:

- Dry and non-slip floors
- Sturdy shoes with slip-resistant soles and anti-slip socks
- Lighting in the bathroom at night
- Inventory of prescription medicines
- Control of nutritional and fluid intake
- Stimulation of activity
- Use of a hip protector

Diet

"Appetite gives lust for life" is a nutrition project to raise the quality of life and achieve a successful treatment.

Ludvika has spent many years developing the diet and the eating habits for the elderly in the municipality's management.

Elderly in special housing

When an elderly person moves into special housing a risk assessment will be done by:

- check the living environment using a risk analysis form
- leave the leaflet "Prevention of fall injuries"

Each time a health care provided person has fallen a case report shall be written. In the case-report there should be a documented risk analysis, risk assessment, and a fall investigation should be initiated immediately.

The case study is to assess the circumstances of the fall, consider whether the one provided health care had fallen earlier, and to assess risk factors and consequences.

Assessment of the living environment and risk analysis should be done when there is a change in health status or at least once a year.

Elderly in ordinary housing

Perform assessment of the living environment through risk analysis form, at least once a year or a when there is a change in health status.

Each time a cared for person has had a fall, a fall report shall be written with a risk analysis, risk assessment and a case study will begin.

Occupational therapists and physical therapist will be contacted to investigate whether aid can help in the situation that occurred, and look over the living environment to prevent further cases.

The doctor should do a medical examination to rule out or confirm any medical reason for the fall situation.

Hip protectors are devices that can prevent that the person who is receiving health care gets a fracture, but hip protectors should not be a substitution for the for prevention measures.

Procedures for work on patients in health and care with aggressive tendencies

Nursing and care recipients with dementia or mental illness are affected by both memory impairment and other intellectual and practical disabilities.

In this disorder aggression is a common behavior. Also nursing and care takers with mental retardation have an intellectual disability in which aggressive behavior may occur. Sometimes it may be that the anger and aggression is a cover for difficulties in communicating with their environment.

The staff has through knowledge and education about dementia and mental illness, various intellectual disabilities, attitude, clear objectives and clear principles of treatment, to be able to respond to anger and aggression in health-care recipient.

At every moment of aggression from a health and care recipient, an aggressiveness report should be completed in order to identify and analyze the events and thereby increase the understanding of the individual's behavior and reduce the risk of incident happen again and someone could be harmed.

Procedures for protecting persons with age dementia in special accommodations under the Social Services Act and ordinary housing with emergency transmitters

Some elderly people with dementia are at risk of exposing themselves to danger if they leave their homes on their own. An individual alarm, distress beacons, can be worn by people and call for police after by a unit manager in consultation with a medically responsible nurse.

2.4. Programs which document the frequency of injuries

Injury registration forms a basis for preventive measures. The statistics are a good basis for planning and information that demonstrate high-risk environments and high-risk groups and the injury situation at large.

The County Council in Dalarna

In 2001, a data recording began of all emergency visits to the County Council's four hospitals (Avesta, Falun, Ludvika and Mora), with special focus on the reporting of accidents and violent injuries.

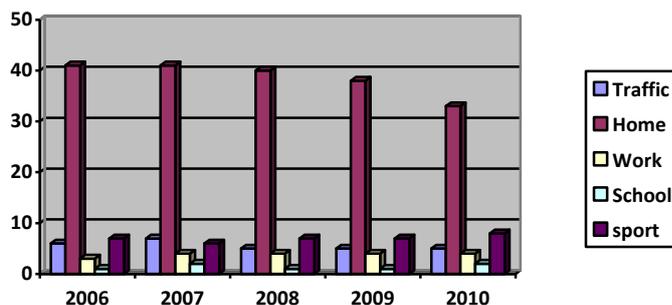
Since 2005, registration is also made in primary care and the County Council can now present more complete statistics, which cover all accidents in the county that require medical attention. The purpose of this recording is that municipality can identify the presence and type of damage to give to the individual municipalities as a basis for injury prevention. Plans and methods are also used to connect to the National Road Administrations registration program, STRADA.

Overviews of injuries

In average more than every 12th inhabitant in Dalarna (122 of 1000) receives emergency medical care due to injuries following an accident. Over one half of the injuries which is recorded at the county's emergency department have been following an accident in the home and/or residential environment, while 14% occurred during some kind of sport/exercise-practice. Transport/traffic-accidents answer for nearly 8% of the accident injuries while 6% of the accidents occur in the work environment.

The local injury picture

Accident area, per 1000 inhabitants, Ludvika municipality.



Fall accidents

The total injury picture is slightly lower than in the county, the differences are marginal.

Most accidents happen at home and close to home.

As in the rest of Sweden and in the county, it is the older women who in most cases are victims of the residential area.

Statistics from 1987-2007, the source Patient Register EpC, National Board shows that Ludvika has 1.43 fractures of 1000 for men and 3.70 fractures of 1000 for women of hospital cared hip fractures. Women are affected twice as much as men. Women over 80 years are a particularly vulnerable group.

Sports and leisure

The second largest area of injury is sports /sports facility

The County Council figures for 2009 the county of 1000 total accidents 10 and for Ludvika 7.

It is mainly children and young people who are injured in their sport or in an establishment and boys account for most of the injuries.

Traffic

Traffic is the third challenge for Ludvika.

Where we differ is not statistically significantly different from the county.

Also in this area are men more representative, mainly young men more than the women. Adolescents and young adults 13-24 years are tops of the statistics.

The municipality's records

The municipality's security work is based on systematic fire and security work where both the incidents and the actual events are recorded and analyzed. The community administrations are working with risk and vulnerability assessments, and to prepare plans to counter or cope with extraordinary events.

A lot of work about risk and vulnerability has been in the scenario of a longer power outage. With the goal of highlighting the municipality's key functions, and identify vulnerable groups, and to plan for the extra load. Risk assessment has resulted in a national effort on power failure and its stress on people and society, and the need for contingency plans for extraordinary events.

Health and social care administration in 2011 started using database "Senior Alert" to document and collect data in their homes. It is too early to use the information for analysis

Ludvika municipality uses a survey from the national juvenile board to measure young people's living conditions in Ludvika. Special consideration is taken in areas such as security, confidence and health.

Available data in general

Ludvika also uses national available data, such as National Public Health Institute's municipal basic facts and the National Board of Health and Welfares Statistics.

And regional public health data from the County Councils population surveys.

2.5. Evaluation to assess program processes and effects of changes

For several years Ludvika municipality has been using the tool, welfare account to monitoring and controlling the process continuously. The welfare account is compiled annually by selected key figures and indicators and is part of the municipality's financial statements.

The program of the local Council of crime prevention is evaluated annually.

In the collaborative forum between the municipality and County Council there are continuous reporting and monitoring of public health work in general but also in the injury prevention field.

Conclusions

Some conclusions from the actions and measures undertaken over the years as Ludvika municipality were a safe community.

Fall Injuries

The elderly care is continuously working to prevent fall injuries. The work is conducted systematically and successfully.

Looking at the County of injury data Ludvika municipality has the lowest-digit figures for fall accidents total of 1000 inhabitants for 2010.

Ludvika 34, 4 and the county 59.6.

The numbers between the three safe communities in the county, Falun, Smedjebacken and Ludvika, differ greatly.

Fall accidents total per1000 inhabitants in 2010

Falun: 82.9

Smedjebacken: 30.8

Ludvika: 34.4

Sports and leisure

Many of the young people are active in sports associations. In order to limit injuries occurrence in the different sport arenas the cash model for safe associations has given good results. The model is also scattered around the country and is described by the Agency of Social Protection, MSB and readiness report: Children and young people's safety 2011

Traffic

How many are using the seatbelt in the car?

NTE, The National Society for Road Safety makes continuous measurements of seat belt use in the country, and down to data per municipality.

In Sweden a total of 92.6% of the population are using seat belt. 94.4% inhabitants of Ludvika are using the seat belt which also is the highest using data in the county.

In comparison to the county's Safe Communities

Falun 87,9 %

Smedjebacken 88,6

Ludvika 94,4

Bicycle helmet

MSB did in 2007, a survey among the population of Ludvika on how they looked at the safety and security in their everyday environment.

The question was asked how important it is to use a bicycle helmet was answered that 26.8% thought it was somewhat important and only 3.9% thought that it is not important to use bicycle helmets

Violent crime in public spaces

The environment in the central parts of Ludvika was analyzed and several measures have been taken to limit the abuse and fights outside. Total crimes reported in 2007 at the analysis time were 204 pc.

Most crimes have occurred in the central parts of Ludvika where pubs and night life occurs.

Most of the crimes took place Thursdays - Sundays and 60% of the crimes occurred 11 p.m. to 3:00. The measures were introduced, and information from the police authority as well as discussions on limited hours as well as increased land holdings by police and security companies. Efforts in the restaurant environment to limit violence by supervisions of responsibility in serving alcohol have been implemented.

An annual reduction in violent crime has been seen between the years 2007-2010

Number of violent crime in public spaces. Source Police Department



2.6. Ongoing participation in national and international Safe Community Networks

Ludvika has for a long time been active and participated in local, regional as well as national and international networks of Safe Communities.

Marketing of the concept, experience and methods development have been regular features over the years as a Safe Community.

Ludvika has participated in conferences and meetings, and willingly and actively shared their concepts and models for injury prevention and particularly the method for safe and secure associations.

Conferences

1997 Falun – Regional Injury Conference

1998 Tidaholm – National Network Conference for a Safe Community

1998 Norberg – Accident Conference "Bergslagssamverkan"

1998 Borås – National Injury Prevention Conference

1999 Mariestad – A Certifying and Accounting Conference

1999 Lidköping – National injury prevention Conference

2000 Katrineholm – National Network Conference for a Safe Community

2000 Nacka– Certifying Safe Community Conference

2001 Alaska – Participated with the presentation of the "Ludvika model" for injury prevention

2005 – Karlstad 6th Nordic Safe Community Conference

2011 Falun – International Safe Community Conference

And more in the field of accident and injury prevention

1999-2001 – Ludvika was part of the EU project "Good quality of life at old age through organized home care networks and accident prevention", with funds from ECOS-OVERTURE, in cooperation with Västmanland, Finland, Romania, Spain and Estonia for method development and experience exchange.

2001 Travel Seminars in collaboration with the municipality of Nacka with training for Estonia, Latvia, Lithuania and Russia.

2003 Study visits in Nepal and training of representatives in collaboration with Falun municipality.

2006 The Swedish Society for the Development of Safe Communities is formed, in which Ludvika's coordinator for Safe Work was appointed as vice president in cooperation with Nacka and Arjeplog municipality.

2011 China – Visits and training by representatives from Beijing

Reports and publikations

Bergslagssamverkan. KI rapport 1999:25

End Report 2002, Good quality of life for Elderly People. SPE Project

Ludvika is one of the Safe Communities in the reports:

Opening the black box of community based injury prevention programs, Per Nilsen, Linköpings University. Faculty of health sciences. 2006

Children and young people's safety.

Agency of Social Protection, MSB 2011. (Safe associations Ludvika)