

FALL PREVENTION RECOMMENDATIONS

Fall prevention is an important step towards maintaining independence.
Contact the programs marked below to take the next step.

FALL PREVENTION PROGRAMS

- FallProof Program** (650) 696-5600
Fee for service program with Mills-Peninsula Health Services at a community location: small group program focusing on reducing fall risk through balance training, posture, endurance and flexibility.
- Farewell to Falls** (650) 724-9369
Free program with Stanford University Medical Center at your home: medication review, home safety assessment and modification, home exercise program, other health factors review.
- Kaiser Redwood City Fall Prevention Class** (650) 299-2433
Free, Kaiser member-only program offering 2 class sessions on fall prevention strategies, located at Redwood City Kaiser location.
- Sequoia Health and Wellness Center Fall Prevention Program** (650) 367-5998
Free program with Sequoia Hospital at a community location: improve balance, strengthen muscles, manage medications and learn strategies for fall prevention and home safety.

EXERCISE PROGRAM SEATED STANDING

LOCAL CLASSES

- Local senior center** (call TIES line referral number for center close to you) (800) 675-TIES (8437)
- Peninsula YMCA** (650) 286-9622
- Sequoia YMCA** (650) 368-4168
- Peninsula Jewish Community Center** (650) 378-2703
- Mills Health Center** (650) 696-5600
- Strong for Life Program** (650) 725-4137

EXERCISE AT HOME

- Sit and Be Fit: Balance & Fall Prevention Workout** videos/DVDs, beginning and advanced levels, in English, Spanish and Chinese.
Order forms: www.smcfallprevention.org or call (650) 571-7774

HOME SAFETY ASSESSMENT AND MODIFICATION

- Center for Independence of the Disabled** (650) 645-1780
- Home Safety Services** (650) 571-7774

More than one third of adults 65 years and older fall each year

WHAT CAN YOU DO TO PREVENT FALLS?

1. Exercise.

Lack of exercise leads to muscle weakness and increases your chance of falling. Exercise that improves endurance, balance, strength, mobility and coordination are very important for lowering your fall risk. Find an exercise program that interests you and that you will have a good time doing.

- Sign up for an exercise class at your local senior or community center. Tai Chi, yoga and water aerobics are a few good examples of programs to consider.
- Take walks – alone or with family or friends. Form a walking group.
- Exercise at home with television programs like ***Sit and Be Fit***. **Balance & Fall Prevention Workout** videos/DVDs, beginning and advanced levels, in English, Spanish and Chinese.

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2. Improve the safety of your home.

Many falls happen at home. Check your home for fall risks and make the necessary changes or contact a home safety specialist who can do it for you. The following simple home improvements will help make your home safer.

- Install grab bars next to the toilet and in the tub or shower.
- Use non-skid mats or strips in the bathtub and on shower floors.
- Improve the lighting in your home by using maximum wattage, frosted bulbs, installing night lights and keeping a flashlight handy.
- Install and use handrails along staircases.
- Rearrange cabinets so that items you use most often are in easy reach.
- Remove your throw rugs.
- Clean up clutter and other items that are tripping hazards.
- Don't hurry or rush.
- Make simple home and behavior modifications to help reduce your risk of falling. (See resources on other side.)

3. Manage your medications.

Taking four or more medications increases fall risk. Ask your doctor or pharmacist to review your medications: prescriptions, over-the-counter, vitamins and herbal supplements. Make a list of every medication you take including dosage and reason for taking each one. Some medications have side effects, such as dizziness, which can increase your chance of falling.

4. Get your vision checked.

Every year, make sure to have your eyes checked by an eye doctor. Incorrect vision prescriptions, changes in your vision from aging and eye diseases, such as, glaucoma and cataracts, can limit your vision and cause a fall.

EXERCISE, HOME SAFETY, MEDICATION MANAGEMENT AND EYE EXAMS CAN HELP YOU STAY ON YOUR FEET!