

Steps You Can Take To Prevent Falls Today

1. Exercise! Focus on strength and resistance training.

The Healthy Aging Association offers Young At Heart Fitness Classes to help build strength, flexibility and balance, call (209)525-4670 to start exercising this week.

2. Wear good shoes

Find shoes that will not cause you to slip or trip by making sure they are supportive, have a strap to secure the ankle and do not have a heel.

3. Have your vision and hearing checked regularly.

It is recommended that you get your vision and hearing checked at least once a year.

4. Talk with your doctor & review medications.

Always tell your doctor if you have experienced a fall since your last check up. Review your medications with your doctor or pharmacist to discuss potential side effects.

5. Evaluate your home

Use a "Home Safety Checklist" to assess your home and reduce fall risks. Contact (209)525-4670 to receive a Checklist in the mail.

We have resources for ALL!

If you are in need of fall prevention resources, but do not qualify for this program, please call (209) 525-4670 to get resources to help you prevent falls.

For All Your Fall Prevention Needs!

Prescreening provided by:

**Stanislaus County
Area Agency on Aging**
(209) 558-8698

www.agingservices.info



Outreach, in-home assessments,
and education provided by:

Healthy Aging Association
(209) 525-4670

www.healthyagingassociation.org



Installation of injury
prevention accessories
provided by:

Home Safety Services
www.homesafety.net



Fall Prevention Resources

healthyagingassociation.org/preventfalls

www.stopfalls.org

www.cdc.gov/steady

www.ncoa.org

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Take Action Prevent Falls Today!



The Dignity At Home program provides home assessments, fall prevention education, and injury prevention accessories to qualifying individuals 60 and older or persons with disabilities who are at risk of falling in Stanislaus County.

(209) 525-4670

healthy.aging2000@gmail.com

www.healthyagingassociation.org/preventfalls

Dignity At Home Program Guidelines

Review the questions below, if you answer YES to all of the questions, you may qualify!

- 1** Are you at least 60 years of age or disabled?
- 2** Have you had a fall or at risk for falling?
- 3** Do you meet the following household income guidelines?
Monthly — \$3,617.00 or less
Annually — \$43,408.00 or less

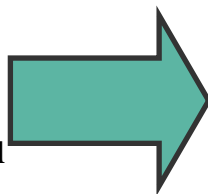
Fall Facts

Did you know that more than 1 in 4 older adults fall each year?

1 in 5 falls result in serious injuries such as broken bones, a head injury, or even death.

Research shows that many falls are preventable.

Dignity At Home Process



- 1** Answer Yes to the Three Program Guideline Questions
- 2** Pre Assessment Interview
 - The Stanislaus County Area Agency on Aging (AAA) will start with phone interviews to assess fall risk.
- 3** Once Qualified
 - The Healthy Aging Association will then do a home assessment for those who qualify.
 - Education and information on fall prevention will be provided by Healthy Aging Association.
 - If recommended, Home Safety Services will provide and install, in home injury prevention accessories.



Potential Injury Prevention Accessories

- Bath Bench
- Bedside Pole
- Grab Bars
- Hand-Held Shower Head
- Non-Slip Bath Mat
- Shower Chair
- Stair Railings
- Toilet Safety Frame (Rails)

