Exercise and Falls Prevention For all fitness levels

Start with:

A Matter of Balance

Learn ways to reduce falls through education and exercise. Call Northland Shepherd's Center, 816-452-4536.

Then move on to one of these:

Stay Strong Stay Healthy

Beginning strength training program to improve balance & endurance. Call University of Missouri Extension for current locations in Clay & Platte counties: 816-407-3490.

PEPPI

Program using Therabands; teaches strength, endurance, balance, flexibility. Call Northland Shepherd's Center 816-452-4536 for locations.

Silver Sneakers

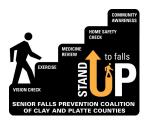
Exercise set to music to increase muscle strength, agility, balance.

Humana Guidance Ctr: 816-459-7776 Liberty Silver Center: 816-439-4368 Gladstone Comm Ctr: 816-423-4200 Excelsior Spr Senior Ctr: 816-630-1040

For higher fitness levels:

Move It! for Clay County seniors 60+ Exercise initiative for all fitness levels thru community partners. Scholarships available. Call Clay County Senior Services for locations: 816-455-4800; claycoseniors.org

Active Older Adult Programs at YMCA 816-858-0114 Platte City 816-505-2622 Parkville 816-300-0531 NKC 816-741-4172 Riverside Comm Center



Home repairs and Safety Modifications

Safe at Home program (all of Clay County) Safety assessments, modifications for homeowners to reduce falls, increase independence. Rebuilding Together Clay County 816-781-8985 rebuildingtogetherclaycounty.org

Minor Home Repairs & Safety Modifications Northland Shepherd's Center: 816-452-4536; www.northlandsc.org

Senior Home Repairs (northern Clay County) Good Samaritan Center, 816-630-2718 X 25 goodsamaritancenter.com

Senior Handyman (all of Clay County) Northland Neighborhoods, Inc: 816-454-2000; nni.org

Senior Accessibility, Minor Home Repairs & Safety Modifications (all of Platte County) Wheelchair ramps, stair lifts, tub cutouts, safety modifications, minor home repairs. Platte Senior Fund 816-270-2800;

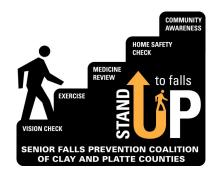
Balance screenings

Balance screenings are available through area hospitals and physical therapy centers. They are covered by Medicare and major health insurance.

Transportation is available for medical appointments and therapy.

Clay County Senior Services: 816-455-4800 Platte County Senior Fund: 816-270-2800

Falls Prevention Awareness Day is the first day of Fall



Falls Prevention
Awareness
"Take a stand
to prevent falls"

Senior Falls Prevention Coalition of Clay and Platte Counties 816-455-4800 SeniorFallsPrevention.org seniorfallsprevention@gmail.com

Check your risk for falling by answering these questions.

Please c	ircle	"Yes" or "No" for each statement below.	Why it matters
Yes (2)	(O) N	I have fallen in the past year.	People who have fallen once are likely to fall again.
Yes (2)	(0) No	I use or have been advised to use a cane or walker to get around safely.	People who have been advised to use a cane or walker may already be more likely to fall.
Yes (1)	(O) No	Sometimes I feel unsteady when I am walking.	Unsteadiness or needing support while walk- ing are signs of poor balance.
Yes (1)	(O) N	I steady myself by holding onto fur- niture when walking at home.	This is also a sign of poor balance.
Yes (1)	No (0)	I am worried about falling.	People who are worried about falling are more likely to fall.
Yes (1)	(O) N	I need to push with my hands to stand up from a chair.	This is a sign of weak leg muscles, a major reason for falling.
Yes (1)	(0)	I have some trouble stepping up on- to a curb.	This is also a sign of weak leg muscles.
Yes (1)	No (0)	I often have to rush to the toilet.	Rushing to the bathroom, especially at night, increases your chance of falling.
Yes (1)	(O) No	I have lost some feeling in my feet.	Numbness in your feet can cause stumbles and lead to falls.
Yes (1)	(0) No	I take medicine that sometimes makes me feel light-headed or more tired than usual.	Side effects from medicines can sometimes increase your chance of falling.
Yes (1)	(0)	I take medicine to help me sleep or improve my mood.	These medicines can sometimes increase your chance of falling.
Yes (1)	(O)	I often feel sad or depressed.	Symptoms of depression, such as not feeling well or feeling slowed down, are linked to falls.
Total		Add up the number of points for each "yes" answer. If you more, you may be at risk for falling. Discuss this brochure	ch "yes" answer. If you scored 4 points or J. Discuss this brochure with your doctor.
		*This checklist was developed by the Greater Los Angeles VA Geriatric Re Clinical Center and affiliates and is a validated fall risk self-assessment tool J Safety Res; 2011:42(6)493-499). Adapted with permission of the authors.	*This checklist was developed by the Greater Los Angeles VA Geriatric Research Education Clinical Center and affiliates and is a validated fall risk self-assessment tool (Rubenstein et al. J Safety Res; 2011:42(6)493-499). Adapted with permission of the authors.

Guidebooks and resources

Drug Information Center thru UMKC School of Pharmacy	Exercise and Physical Activity Free illustrated guidebook for older adults	STEADI (Stopping Elderly Accidents, Deaths, Injuries)
For consumers and professionals	Free illustrated guidebook for older adults	Toolkit for physicians
816-235-5490; pharmacy.umkc.edu/drug-info	National Institute on Aging: 1-800-222-2225; nia.nih.org	Centers for Disease Control: cdc.gov/homeandrecreationalsafety