

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 circle “Yes” or “No” for each statement below.		Why it matters
Yes (2)	No (0)	People who have fallen once are likely to fall again.
Yes (2)	No (0)	People who have been advised to use a cane or walker may already be more likely to fall.
Yes (1)	No (0)	Unsteadiness or needing support while walking are signs of poor balance.
Yes (1)	No (0)	This is also a sign of poor balance.
Yes (1)	No (0)	People who are worried about falling are more likely to fall.
Yes (1)	No (0)	This is a sign of weak leg muscles, a major reason for falling.
Yes (1)	No (0)	This is also a sign of weak leg muscles.
Yes (1)	No (0)	Rushing to the bathroom, especially at night, increases your chance of falling.
Yes (1)	No (0)	Numbness in your feet can cause stumbles and lead to falls.
Yes (1)	No (0)	Side effects from medicines can sometimes increase your chance of falling.
Yes (1)	No (0)	These medicines can sometimes increase your chance of falling.
Yes (1)	No (0)	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 scored 4 points or more, you may be at risk for falling. Discuss this brochure with your doctor.
*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

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

Senior Falls Prevention Coalition of Clay & Platte Counties

Seniorfallsprevention.org 816-455-4800