



Lead a Fall Free Life

Pierce County Fall Prevention Coalition – Resource Guide

“Prescription for Independent Living”

★ **EXERCISE** Increases your balance and mobility. Talk to your Physician about an exercise program that’s right for you. Inquire about the S.A.I.L. exercise program. (Stay Active and Independent for Life) **Contact: Sandy Gatlin 253-226-0062 for locations near you**

★ Review your **MEDICATIONS** with your pharmacist. Bring a list of all medications to your pharmacist. Ask if any of them could cause dizziness, which can increase your risk of falling. Keep a list of your medications in your wallet and on your refrigerator for your local paramedics and family to see. Ask your pharmacist for a “free” medication review. **Contact: ADRC 253-798-4600 for a free “File for Life” for your refrigerator**

★ Have your **VISION** checked by an eye doctor at least once per year. Receive a thorough eye exam with an ophthalmologist who can provide and updated prescription as well as diagnose and treat all conditions of the eye. Medicare and most insurance plans cover one eye exam per year. **Contact: Cascade Eye & Skin Center’s 253-848-3000**

★ **MAKE YOUR HOME SAFER.** Remove throw rugs; install grab bars and non-slip mats by toilets and bathing areas. Put night lights along your path from your bedroom to your bathroom. Wear footwear with a non-slip tread. **Contact: Master Builder’s Association Pierce County 253-272-2112, Rebuilding Together 253-238-0977**

★ **HAVE MEDICAL EQUIPMENT PROPERLY FITTED** and installed in your home. Medical equipment must be properly fitted for your height, weight and your lifestyle to be effective in preventing falls and maintaining independence. Consult with your Physician about your medical needs for equipment. **Contact: Norco Medical & Respiratory Equipment 253-474-1774**

★ **“CHRONIC DISEASE SELF-MANAGEMENT PROGRAM”** This is a “free” 6 week program that provides information and teaches practical skills on managing your chronic health problems. **Contact ADRC: 253-798-4600 for more information and locations**

★ **ADDITIONAL FALL PREVENTION RESOURCES:**

United Way of Pierce County has a “free resource line” that connects people with many great resources in our community. Call 211 Monday- Friday 9-4



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Are you struggling to care for yourself or a loved one? **A HOME CARE ASSESSMENT** performed by an RN, can help determine if you would benefit from having a caregiver in your home. Caregivers can assist with meals, medications, light housekeeping, transportation, bathing and personal self care. A little help can allow you to maintain your independence and stay safely in your own home. **Contact: Advanced Healthcare 253-475-7744**



A SKILLED NURSING FACILITY will provide inpatient therapy and nursing care after a fall, surgery or illness. Going to a skilled nursing facility after being in the hospital will help you increase your strength and independence so you can be successful in reducing your risk of re-injury once you return home. **Contact: ManorCare in Tacoma 253-474-8421, or Gig Harbor 253-858-8688**



HAVE YOU HAD A FALL? What is a concussion? Learn the signs and symptoms of a concussion and when to contact your physician or the Emergency Department. Find support agencies for you and your loved ones after a concussion from a fall. **Contact: Brain Injury of Alliance of WA, Nancy Huseman, MHA/GER, CBIS 253-273-8389**



Have you fallen or are you afraid of falling? St Joseph Medical Center and Tacoma General Hospital have an **“INJURY PREVENTION PROGRAM”** that identifies risk factors that contribute to falling. The program will help you modify these risk factors so you can remain healthy, active and independent in your own home. **Contact: Tacoma General 253-403-7500 or St Joseph 253-426-6020**



Gentiva Home Health provides a program called **“SAFE STRIDES”** that incorporates education, prevention and customized care to improve your balance and increase your independence. **Contact: Gentiva Home Health to discuss your options 253-435-9953**



ADDITIONAL FALL PREVENTION RESOURCES:

Tune up your Brain with exercises for focus and visual span to assist in preventing falls and maintain strong balance. **Contact: Linda Terry 360-480-1894 for more information**

Safety Line 1-866-344-4267 Medical Alert Phone	Meals on Wheels Program 253-272-8433
Pierce County Park & Recreation 253-798-4006	http://livingwell.doh.wa.gov/senior-falls