



Stanford
Hospital & Clinics

If you've fallen recently, or are concerned about falling, you may be eligible to participate in a fall prevention program offered through the Trauma Service at Stanford Hospital & Clinics

This is a **FREE**, home-based program.

Farewell to Falls



Reduce Falls

by enrolling in the Farewell to Falls Program

Did you know that nearly half of older adults 65 years and older who have fallen will fall again?

Farewell to Falls focus

- Medication Review
- Home Safety Assessment and Modification
- Home Exercise Program
- Other factors

Eligibility for Farewell to Falls

- Age 65 years or older
- Reside in Santa Clara or San Mateo County
- Live in independent living situation in own home, condominium, townhouse, apartment or senior retirement unit
- Able to provide own health history and follow instructions
- Willingness to follow 1/2 hour exercise regimen at least three times/week

About the program

Farewell to Falls provides 2 home visits by a registered occupational therapist, who will:

- Gather information about health history and daily living skills.
- Complete a balance and mobility assessment.
- Get a list of all medications to be reviewed by a Stanford pharmacist.
- Do a complete home safety survey.
- Recommend fall risk methods and introduce an exercise program.

A third visit will be made one year after enrollment.

If you want to reduce your chance of falling, call **650.724.9369**.

FAREWELL TO FALLS

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