

Fall Reduction / Risk Management

DEFINITION

The main causes of falls in older adults are: inner ear dysfunctions, vision problems, medications, low blood pressure, environmental factors, leg and trunk weakness, decreased balance and the fear of falling. Aging is not a cause of falls.

SERVICES

- Your physician can address many of the causes of falls.
- Environmental factors can be eliminated or lowered by a home safety assessment completed by an Occupational or Physical Therapist.
- Strength training for older adults is invaluable. People can join a health club or attend exercise groups in their community. Some companies can even come into the home and perform exercises one on one with the older adult.

Above & Beyond Senior Services

Allison Bakke, OTR/L (612) 965-5122

Serving the Greater Metro Area, In-Home PT / OT

www.aboveservices.com

Assisting Hands of Minneapolis... (952) 955-9880

Quality Home Care You Can Trust

Serving the Twin Cities

www.assistinghands.com/minneapolis

Dignity Care Consulting, LLC

Barbara L. Braun, PT, PhD (763) 744-6469

Elder Care Advocacy, Planning & Support

www.dignitycc.com

Live Your Life

Dr. Eva Norman (612) 568-5506

Bringing PT & Wellness to Your Home & Community!

www.liveyourlifept.com

Living Spirit Therapy Services, LLC

Melissa Spiess, M.M., MT-BC, NMT Fellow

..... **(651) 363-3936**

Board Certified Music Therapist

www.livingspirittherapy.com

Normandale Center for Healing & Wholeness

In Edina (952) 929-1698

Serving Older Adults & Their Families Since 1998

www.normandalecenter.org

Rx Angels (612) 564-3658

4445 W. 77th St., #122, Edina, MN 55435

Med Risk & Evaluation... Because Grandmas Matter.

www.rxangels.org

Saint Therese Rehab (STR) (763) 531-5039

OT-PT-ST-Aquatic-Wellness, TCU & Outpatient Rehab

Balance-Cognition-Home Safety-Continence Programs

www.sttheresemn.org/senior-rehab/

Senior Abilities Unlimited, LLC

Nicole Rennie, PT, GCS (952) 746-3222

Fall Prevention / Strength Training / Transfer Training

www.tandemsb.com