

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.

Fall Reduction / Risk Management

Above & Beyond Senior Services

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

Serving the Greater Metro Area

www.aboveservices.com

AgeRight Retrofit, Inc.

Jenny Kasbohm (952) 405-6102

Products & Home Modifications for Seniors

www.agerightretrofit.com

Dignity Care Consulting, LLC

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

Elder Care Advocacy, Planning and Support

www.dignitycc.com

Living Spirit Therapy Services, LLC

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

..... (952) 240-6130

Board Certified Music Therapist

www.livingspirittherapy.com

Normandale Center for Healing & Wholeness

In Edina..... (952) 929-1697

Serving Older Adults & Their Families Since 1998

www.healing.normluth.org

Fall Reduction / Risk Management

Senior Abilities Unlimited..... (952) 746-3222

7401 Metro Blvd., #355, Edina, MN 55439

www.sauhome.com

tandem
Strength & Balance®

*Life is too important to
take sitting down*

We work
together with
you and your client
to achieve mutual
fall prevention
goals

Benefits for your clients:

- Increases independence
- Reduces falls
- Reduces pain
- Increases confidence

TandemSB.com/careoptions

952-746-3222

This is an in-home private-pay service provided by
Senior Abilities Unlimited, LLC