



How can you get help?

You should speak to your doctor, your Home Bound Healthcare visiting nurse or therapist, or call your nearest Home Bound Healthcare office for more information about enrolling in this program.



1615 Vollmer Road **Flossmoor** IL 60422
Toll Free (800) 444-7028
Tel (708) 798-0800 • Fax (708) 798-0870

450 N Kennedy Drive Suite 6 **Kankakee** IL 60901
Toll Free (800) 444-7028
Tel (815) 929-0800 • Fax (815)929-0801

3401 16th Street **Moline** IL 61265
Toll Free (866) 541-0900
Tel (309) 762-7900 • Fax (309) 762-6909

2322 W Willow Knolls Road **Peoria** IL 61614
Toll Free (866) 725-0888
Tel (309) 589-0888 • Fax (309) 589-0889

4231 Progress Blvd Suite 3 **Peru** IL 61354
Toll Free (877) 220-8808
Tel (815) 220-8808 • Fax (815) 220-8828

421 S Grand Ave W Suite 2B **Springfield** IL 62704
Toll Free (877) 753-2210
Tel (217) 753-2260 • Fax (217) 753-2270

1625 Bethany Road **Sycamore** IL 60178
Toll Free (877) 895-9898
Tel (815) 895-9898 • Fax (815) 895-3232

1808 Mulberry Avenue **Muscatine** IA 52761
Toll Free (866) 541-0900
Tel (563) 263-5411 • Fax (563) 263-5694



Falling Down

Reduce the RISK of falls



HomeBoundHealth.com

Caring For Your Health Needs In The Comfort Of Your Home



What do we know about the Risks of Falls?

Falls threaten the health, well-being and quality of life of seniors and their families. About 35% of over-65 and 50% of over-85 year olds will fall this year. This number is even higher for hospitalized and institutionalized seniors. Falls are caused by many factors and may have serious consequences including injury, fearfulness, loss of mobility, premature nursing home placement and death. Unfortunately, most people don't know that Fall Management programs exist that can help decrease the risk of a falling.

What treatments work?

Until recently, falling was thought to be an inevitable result of aging. Fortunately, medical research has discovered that the risk of falling can be reduced if you identify the risk factors early on - and get the right treatment.

Who should try our program?

You or a loved one should try our program if you or they have:

- ▶ A fear of falling
- ▶ Recently fallen
- ▶ Avoided daily activities
- ▶ Unsteadiness while standing, walking, or turning
- ▶ Suffered a stroke or hip fracture
- ▶ Osteoporosis, Parkinson's Disease or Alzheimer's Disease
- ▶ Side effects from medication that cause dizziness, sedation, confusion, or weakness

Enroll in our program today. By working together, we can reduce the risk of falls and help restore your confidence in moving.

What can you expect in our program?

Your personal health care team will review your diet and medication, evaluate your fear of falling, and test your vision, balance, strength and flexibility. Your ability to walk, turn, and reach will also be assessed.

Exercises and Electrical Stimulation for improving strength and balance

Slow, gentle stretches and simple strengthening exercises alone or in combination with mild, comfortable electrical pulses can improve balance, agility and mobility.

Falling *Down*