

## Comprehensive Services

- Assess for potential to fall to include but not limited to; Pain, Incontinence, Skin Integrity, Gait Disturbance, Slow Reaction Time, Cognitive Impairment, Dyspnea (breathing), Confusion
- Assess diet and any restrictions
- Educate patient that there is a correct way to fall to avoid serious injury
- Review how and when to call for help
- Assess home safety and need for medical alert system
- Educate patient on disease processes that may attribute to falls: hypotension (abnormally low blood pressure), Parkinson's, arthritis, osteoporosis, seizure, loss of limb, CVA (cerebral vascular accident) , bradycardia (heart beat < 60 beats/min), all contribute to risk
- Assess and review environmental factors that lead to falls: Throw rugs, low lighting, uneven floors, assess presence of small pets as contributing factors
- Assess potential risk associated with the medication regimen

## Program Outline

### Prevention is the greatest Treatment!!!

Each patient will be evaluated by a highly skilled physical therapist who will assess all systems that contribute to an individual's risk for falls.

Screening tools will be used, and a musculoskeletal and functional mobility evaluation will be conducted. Referring physicians will be contacted with the results of the evaluation with recommendations for therapy services.

Possible referral recommendations may include the following:

- Physical therapy to address functional impairments / deficiencies.
- Occupational Therapy to address cognitive impairments / deficiencies.



## Fall Prevention Program

A Medicare Certified Home Health Agency

LifeCare Solutions

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## About our Company

LifeCare Solutions is a full service Medicare certified Home Health Agency serving multiple counties in Northeast Florida. We provide skilled nursing and therapy care in your home, under the direction of your physician.

Our Fall Prevention Program has been developed to provide services in the home to treat your condition.

### Background

In the U.S., one of every three persons over 65 falls each year, and two-thirds of those who fall do so again within 6 months. Among people age 65 and older, falls are the leading cause of injury deaths and serious injuries.

## About Your Condition

Researchers have identified that the most effective fall prevention programs have many components. First a person needs to understand what may put them at risk for falling. Some risks can be reduced. Medical providers can help to identify risks and develop a plan. Specific physical activity can target reduce fall risk by increasing balance and mobility skills. Also changes to the home and community environment can reduce hazards and help support a person in completing daily activities

## Program Goals

Our program is designed to reduce falls among older adults through multi-factorial interventions including medical assessment, gait and balance exercises and environment modifications.

The goals of this program are to improve or maintain the patients' condition.

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