



STANFORD UNIVERSITY MEDICAL CENTER

Stanford Hospital & Clinics

Lucile Salter Packard Children's Hospital

If you've fallen recently, within the last 30 days, you may be eligible to participate in a fall prevention program offered through the Trauma Service and Emergency Department at Stanford University Medical Center.

This is a FREE, home-based program.

FAREWELL TO FALLS



Prevent Future Falls
from happening 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 Health factors

Eligibility for Farewell to Falls

- Age 65 years or older
- Reside in Santa Clara or San Mateo Counties
- Live in independent living situation in own home, condominium, townhouse, apartment or senior retirement unit
- Able to provide own health history and follow instructions
- Have a television with VCR or DVD
- 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 reduction methods and introduce an exercise program.

A third visit will be made one year after enrollment.

So... If you've recently fallen and want to prevent that next fall, call (650) 724-9369

Farewell to Falls

Stanford University Medical Center
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