

What is the Fall Free Coalition?

A collaborative network of committed professionals and citizens who are passionate about fall prevention strategies for successfully aging in place.

The Fall Free Coalition (FFC) uses a multi-disciplinary approach to work towards improving and/or creating connections among businesses, organizations and providers that serve our seniors through their continuum of care. FFC began in 2007 through a grant from Washington State Department of Health.

FFC, led by Spokane Regional Health District, also supports professionals. Meetings provide members an opportunity to improve community connectivity through the continuum of care. Annual conferences increase member's skill and knowledge at recognizing and mitigating fall risks. Through participation at meetings and/or on special ad hoc committees, members are provided the opportunity to contribute their skills and expertise in ongoing education and/or special events throughout the year.



Accomplishments:

- Speakers Bureau to educate older adults about fall prevention.
- FREE fall risk screenings provided at community events.
- Certified 200+ senior fitness instructors in Stay Active and Independent for Life (SAIL) fall prevention fitness program and/or Balance Enhancement Training (BET) continuing education. Both improve the quality and consistency of senior fitness programs.
- Developed and distribute fall prevention community resource guide and medication review card.
- Worked with health care providers to enhance screening and referral for patients with fall risk.

FALL PREVENTION PRESCRIPTION

Increase leg strength and balance

- Activities requiring moderate effort are safe for most people. However, if you have conditions such as heart disease, arthritis, or diabetes, talk to your doctor about the types and amount of exercise that's right for you.
- Learn targeted balance and mobility exercises. Ask your doctor, go to a class, or check on-line.
- Start an exercise program to improve your balance, and stay with it! Find an activity you enjoy: walking, dancing, group fitness, etc. Choose a time and location that works for you: exercise at home, at a gym, or join a community or senior center class.
- Consider finding a partner: it's more fun and you can keep each other motivated!
- Remember, it's never too late to start or re-start exercising!

Review medications with your pharmacist at least once a year.

Bring a list of all medications, including over the counter drugs and supplements. Ask if any could cause dizziness or drowsiness, which can increase your risk of falling.

Have your vision checked by an eye doctor at least once a year.

Medicare and most insurance plans cover one eye exam per year. Vision issues could increase your risk of falling.

Make your home safer.

- Remove throw rugs and clutter to create clear walking paths
- Install grab bars and non-slip mats by toilets and in bathing areas
- Put night lights along the path from the bedroom to the bathroom
- Wear footwear with a tread

Spokane County Resources:

Start by asking your primary care provider about your annual Medicare wellness visit.

Exercise (**free or low-cost classes*)

CenterPlace Senior Center (Valley).....	926.1937
Corbin Senior Center	327.1584
East Central Community Center	625.6699
Hillyard Senior Center	482.0803
<i>Sit And Be Fit*</i>	<i>448.9438</i>
<i>(KSPS Channel 7, M-F, 11:30 a.m. - noon)</i>	
South Side Community & Senior Center ...	535.0803
Stay Active and Independent for Life (SAIL):	
Act2, Corbin and CenterPlace.....	279.6027
Touchmark.....	536.2929
Tai Chi for Health*	468.0587
Valley Striders*	926.1697
YMCA*	777.9622

Free Medication Review

Holy Family Anticoagulation & Pharmacotherapy Clinic	482.3057
WA Poison Center.....	800.222.1222

Home Safety

Elder Services	458.7450
Lilac Blind Association	328.9116
SNAP	456.7111, x200

Independent Living Assessments

Assured Home Health "Beyond Balance" ..	747.2462
Care to Stay Home.....	340.1359
Gentiva "Safe Strides"	473.4900
Manor Care	326.8282
Providence VNA "Better Balance"	534.4300
Senior Helpers	922.4333
Specialty Homecare Lifeline	473.9956
Touchmark Home Health.....	321.8105
Sunshine Home Health "Firm Footing"	321.9050

Additional Resources

211: Local referral assistance	211
Aging & Long Term Care of Eastern WA.....	458.2509
American Seating & Mobility.....	877.339.1234
Pine Ridge Alzheimer's Care Center	924.4388
RSVP-Retired Senior Volunteer Program ...	344.7787
St. Luke's Rehabilitation Institute	838.4771
Statewide Health Insurance Benefits Advisors	800.562.6900

Call your insurance provider to see if you qualify for home safety equipment and fall prevention exercise resources.

Entities, products, and services listed here involved with the Fall Free Spokane Coalition and their inclusion is not intended to endorse, recommend, or favor any commercial products or services offered.