

Fall Prevention



 **BSA[®] Com** *Passion*
H O M E C A R E

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Did You Know?

An older adult falls every second of every day.

Falls are common among older adults, but they aren't a normal part of aging. Our Fall Reduction Program can help you lower your fall risk in the comfort of your own home.

Fall Reduction Program Highlights:

- Evidence-based clinical practices so you receive high quality care backed by science
- Interdisciplinary approach that gives you access to a diverse team of professionals who can address your fall risk factors
- Expert care in the home, where 75% of falls happen
- Patient empowerment model that encourages you to take an active role in fall risk prevention.

How Home Health Care Helps Prevent Falls:

We help to address a range of fall hazards at home, including:

- Musculoskeletal issues – Issues with your muscles, joints, nerves, discs, blood vessels and other parts of your musculoskeletal system
- Visual disturbances – Examples include cataracts, glaucoma and vision loss
- Functional and cognitive impairments – Examples include memory loss, loss of a limb, or difficulty walking, seeing, hearing or problem-solving
- Chronic conditions – Persistent illnesses such as Parkinson's disease, diabetes and dementia that can affect your balance
- Medications – Sleep aids, certain blood pressure medications and others that may put you off balance
- Home safety – Removing fall hazards like clutter, throw rugs and long electrical cords

Fall Prevention Goals:

We aim to help you:

- Understand your fall risk
- Learn healthy self-care
- Improve your quality of life
- Avoid preventable falls
- Remain safely in your home, with as much independence as possible
- Reduce expensive hospitalizations



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