



## Livingston County Resources

### Fall Prevention Education

Liv. Co. Department of Health 243-7299  
 Noyes Health: Community  
 Education 335-4355  
 Liv. Co. Office for the Aging 243-7520

### Exercise Programs

Matter of Balance Classes:  
 (Livingston County)  
 Lifespan of Rochester 244-8400  
 (x139)

Silver Sneakers:  
 Jules NY Fitness-Caledonia 538-6990  
 Noyes Hospital-Dansville 335-4386  
 Avon Fitness & Tanning 226-9240

Exercise for the Young at Heart:  
 Geneseo Methodist Church 243-3160

### Online Resources

- [www.gvhp.org/fall-prevention.html](http://www.gvhp.org/fall-prevention.html)
- [www.learnnottofall.com](http://www.learnnottofall.com)
- [www.stopfalls.org/individuals-families/](http://www.stopfalls.org/individuals-families/)
- [www.silversneakers.com](http://www.silversneakers.com)
- [www.cdc.gov](http://www.cdc.gov)

### Services

Noyes Health:  
 E.A.R.S. Lifeline Medical Alert 335-4359  
 Med Dispensing Service 335-4359

Home Safe Home 243-7520  
 Or  
 335-4359



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# Preventing Falls A Guide for Seniors



## Begin a regular exercise program



Exercise regularly. It is important that the exercises focus on increasing leg strength and improving balance, and that they get more challenging over time. Tai Chi programs are especially good.

## Have your doctor or pharmacist review your medications



Review both prescription and over-the-counter to identify medicines that may cause side effects or interactions such as dizziness or drowsiness.

## Have your vision checked



Eyes need to be checked by an eye doctor at least once a year and update your eyeglasses to maximize your vision.

## Make your home safer

- Reduce trip hazards
- Add grab bars inside and outside the tub or shower and next to the toilet
- Add railings on both sides of stairways
- Improve the lighting in your home

\*Source: Centers for Disease Control and Prevention