



## Livingston County Resources

### Fall Prevention Education

Livingston County Department of Health **243-7299**  
 Noyes Health: Community Education **335-4355**  
 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.NYConnectslivingstoncounty.org](http://www.NYConnectslivingstoncounty.org)
- [www.gvhp.org](http://www.gvhp.org) (Help Source)
- [www.learnnottofall.com](http://www.learnnottofall.com)
- [www.stopfalls.org](http://www.stopfalls.org)
- [www.silversneakers.com](http://www.silversneakers.com)
- [www.cdc.gov](http://www.cdc.gov)

### Services

Noyes Health:  
 Caregiver Resource Center **335-4358**  
 E.A.R.S. Lifeline Medical Alert **335-4359**  
 Medication Dispensing **335-4359**



# 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



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