



Continuum of Care Toolkit for Fall Prevention

- Assess and know your risk:
 - Have you fallen in the past year?
 - Do you feel unsteady when standing or walking?
 - Do you worry about falling?
 - Do you have a chronic disease such as diabetes, COPD, heart disease, or arthritis?
 - Do you have hearing loss?
- **If you answered 'yes' to any of the above questions you ARE at increased risk for a fall.**

- Talk to your doctor:
 - Use our [handy infographic](#) for quick guidance on talking with your doctor.
 - This [information packet](#) is a valuable resource for talking about fall concerns.
 - Read more about fall risk for those [with chronic disease and hearing loss](#).
 - Always talk to your doctor before starting an exercise program.

- Join a community evidenced based program to improve or maintain your strength, balance, and sense of control. [Click on a link below for a full description of each of our programs](#):
 - Otago Exercise Program
 - A Matter of Balance
 - Tai Chi for Arthritis
 - YMCA: Moving for Better Balance

- If you are living with a chronic disease, you are at a higher risk for falling. [Consider joining a living healthy program](#) to share and learn about ways to manage the condition
 - Chronic Disease Self Management Program

- It really is true that you “use it or lose it” when it comes to muscle strength so it is important to be active. See healthyagingnc.com for a complete list of programs across the state. See the “North Carolina Organizations” page to find out about local resources in your community.

- Create and follow a Fall Free Plan to keep Balance! Be sure to follow these 6 steps for Fall Prevention.
 - Follow the home safety checklist in this information packet to ensure your home is free of fall hazards.
 - Participate in one of North Carolina’s evidenced-based fall prevention programs: www.healthyagingnc.com