



Continuum of Care Toolkit for Fall Prevention Programs

- 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?
 - **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 guidance:
 - This [information packet](#) is also a valuable resource for talking about fall concerns.
 - Always talk to your doctor before starting an exercise program.
- Join a community evidenced based program to improve or maintain your strength and balance. 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](#)
- It really is true that you “use it or lose it.” See healthyagingnc.com for a complete list of evidenced based programs for fall prevention across the state. See the “North Carolina Organizations” page to link to 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

