Local Resources for Fall Prevention

The organizations listed on the back are eager to help you prevent a fall. Here are the types of programs they may offer:

**Exercise Opportunities**

Ask about classes that aim to build strength and improve balance, or classes which target conditions you may have, such as arthritis, osteoporosis and Parkinson’s disease.

**Health Education**

Ask about classes or lectures related to falls prevention.

**Screenings and Assessments**

Take advantage of opportunities to have your vision, hearing, gait and balance checked.

**Medication Management**

Pharmacists give lectures and periodically review medicines, checking for appropriate dosing; problems caused by interactions between medicines and other substances such as alcohol; and other issues that could leave you at risk of a fall.

**Home Safety Checks**

Be sure to check for hazards in your home that could put you at risk of falling.

You can access a safety checklist at www.cdc.gov. Go to the site and search for “Check for Safety: A Home Fall Prevention Checklist.”

List of resources on next page
**Hospitals**
Holy Cross Hospital Community Health
301-754-8800
www.holycrosshealth.org

Holy Cross Hospital Senior Source
301-754-8510

Holy Cross Hospital Private Home Services
301-754-7780
(provide home safety checks)

Montgomery General Hospital
301-774-8881
www.montgomerygeneral.com

Shady Grove Adventist Hospital
1-800-542-5096
www.adventisthealthcare.com/SGAH

Suburban Hospital
301-896-3939, press option 2
www.suburbanhospital.org

Washington Adventist Hospital
1-800-542-5096
www.adventisthealthcare.com/WAH

**Non-Profit Agencies**
Asbury Methodist Village
301-987-6258
www.asburymethodistvillage.org

Jewish Community Center
301-348-3860
www.jccgw.org

OASIS
301-469-6800, press 1, then ext. 211
www.oasisnet.org

**Senior Centers**
Damascus
240-777-6995
www.montgomerycountymd.gov/rec

Gaithersburg Upcounty
301-258-6380
www.gaithersburgmd.gov

Holiday Park
240-777-4999
www.holidaypark.us

Long Branch
240-777-6975
www.montgomerycountymd.gov/rec

Margaret Schweinhaut
240-777-8085
www.montgomerycountymd.gov/rec

Rockville
240-314-8800
www.rockvillemd.gov/seniorcenter

**Government**
Montgomery County Senior Resource Line
240-777-3000
www.montgomerycountymd.gov/senior

Montgomery County Fire and Rescue
240-777-2430
www.montgomerycountymd.gov

National Institutes of Health
www.nihseniorhealth.gov
Search for “Falls and Older Adults” and check out the videos.

Montgomery County Government
Health And Human Services
www.montgomerycountymd.gov/senior