

## Stay Fit to Prevent Falls in Montgomery County

Falls are a major threat to the health and well being of older residents. More than 1/3 of older adults fall each year, often leading to injuries that reduce activity and independence. The good news is that falls can be prevented. Learn more below.

	Did you know?	▶ Here's what to do:
<b>Get Educated</b>	People who take 4 or more medicines may be at risk of falling.	▶ Discuss the side effects of your medicines and potential drug interactions with your doctor or pharmacist.
	Difficulty walking, vision problems, arthritis, and drinking alcohol are falls risk factors.	▶ Attend a seminar on falls prevention. Call 240-777-3000 (TTY: 240-777-4575) to learn about an event near you.
<b>Get Screened</b>	One way to prevent falls is to know your personal risk of falling.	▶ Discuss your personal risk of falling with your doctor or physical therapist.
	Hazards in your home may increase your risk of falling.	▶ Call MC Fire & Rescue for a home safety and falls prevention check, 240-777-2430.
<b>Get Fit</b>	Sitting too much is a falls risk.	▶ Stand up and move!
	Strong legs and good balance help prevent falls.	▶ Learn about exercise opportunities near home.

Falls Prevention Month planners: Montgomery County Aging and Disability Services and Departments of Recreation, Fire and Rescue, and Housing Opportunities Commission; Sunrise Assisted Living; Circle of Rights; Holy Cross Hospital; Suburban Hospital; Alzheimer's Association; Village of Friendship Heights; Jewish Community Center; Vital Living Committee; OASIS; Adventist Healthcare and mindRAMP and Associates, LLC.

## 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](http://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](http://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](http://www.montgomerygeneral.com)

Shady Grove Adventist Hospital  
1-800-542-5096  
[www.adventisthealthcare.com/SGAH](http://www.adventisthealthcare.com/SGAH)

Suburban Hospital  
301-896-3939, press option 2  
[www.suburbanhospital.org](http://www.suburbanhospital.org)

Washington Adventist Hospital  
1-800-542-5096  
[www.adventisthealthcare.com/WAH](http://www.adventisthealthcare.com/WAH)

## Non-Profit Agencies

Asbury Methodist Village  
301-987-6258  
[www.asburymethodistvillage.org](http://www.asburymethodistvillage.org)

Jewish Community Center  
301-348-3860  
[www.jccgw.org](http://www.jccgw.org)

OASIS  
301-469-6800, press 1, then ext. 211  
[www.oasisnet.org](http://www.oasisnet.org)

## Senior Centers

Damascus  
240-777-6995  
[www.montgomerycountymd.gov/rec](http://www.montgomerycountymd.gov/rec)

Gaithersburg Upcounty  
301-258-6380  
[www.gaithersburgmd.gov](http://www.gaithersburgmd.gov)

Holiday Park  
240-777-4999  
[www.holidaypark.us](http://www.holidaypark.us)

Long Branch  
240-777-6975  
[www.montgomerycountymd.gov/rec](http://www.montgomerycountymd.gov/rec)

Margaret Schweinhaut  
240-777-8085  
[www.montgomerycountymd.gov/rec](http://www.montgomerycountymd.gov/rec)

Rockville  
240-314-8800  
[www.rockvillemd.gov/seniorcenter](http://www.rockvillemd.gov/seniorcenter)

## Government

Montgomery County Senior Resource Line  
240-777-3000  
[www.montgomerycountymd.gov/senior](http://www.montgomerycountymd.gov/senior)

Montgomery County Fire and Rescue  
240-777-2430  
[www.montgomerycountymd.gov](http://www.montgomerycountymd.gov)

National Institutes of Health  
[www.nihseniorhealth.gov](http://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](http://www.montgomerycountymd.gov/senior)



Montgomery County Government  
Health And Human Services

# Preventing Falls:

Get Educated

Get Screened

Get Fit

