

CLINIC FACULTY

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THOMAS J. LONG SCHOOL OF
PHARMACY AND HEALTH SCIENCES
LEARNING CENTER

209.946.2374
757 BROOKSIDE ROAD
STOCKTON, CA 95207

FALLS PREVENTION CLINIC

THOMAS J. LONG SCHOOL OF
PHARMACY AND HEALTH SCIENCES



HOURS:

9:00 a.m. ~ 5:00 p.m.
Monday ~ Friday
By appointment

FALLS PREVENTION CLINIC

WELCOME TO OUR PROGRAM

Our goal is to assist you by assessing your personal risk of having a fall, identify risk factors, and provide remedies which can help you prevent having a fall.

RISK ASSESSMENT

We will provide you with a personalized risk assessment to determine your potential fall risk, including:

- Fall-related medical conditions
- Fall-related medicines and supplements
- Vision and inner ear checks
- Foot problems and weak bones
- Past falls
- Fear of falling, mood, and memory
- Home support
- Nutrition
- Balance and mobility, gait, and weakness.

An initial clinic visit will be required and repeat visits will be scheduled based on your needs. Phone interviews will also be used.



WHAT CAN WE DO TO HELP?

The faculty pharmacist and physical therapist will provide you with our services. Our clerk will confidentially maintain all your records, schedule appointments, and make follow-up phone calls.

Our faculty and staff can provide:

- education, training, monitoring, and medication management
- home or residence environmental safety checks
- suggested exercises
- personal or home fall prevention assistive devices.

The level of our intervention will be based on the assessment and your personal wishes.

To make an appointment at the Falls Prevention Clinic call:

209.946.2374

FALLS...are a major health problem among those 65 years of age or older. An estimated **35 to 40 percent of persons in this age group fall each year.**



These falls can cause hospitalization, permanent disability, and even death. **Falls are the sixth leading cause of death for seniors.**

SIMPLE THINGS YOU CAN DO...

Do not walk and talk at the same time. Concentrate on the task of walking and continue the conversation after you've reached a safe place.

Wear appropriate footwear. When walking long distances or in unfamiliar areas, wear flat, nonslip shoes. Also wear shoes that fit well and are comfortable.

Arrange furniture so that it creates plenty of room to walk freely. If you use a walking aid, ensure that doorways and hallways are large enough to get through with any devices you may use.

Be sure you have adequate lighting throughout your house.

Install nonslip strips or a rubber mat on the floor of the tub or shower.

Remove throw rugs or secure them firmly to the floor.

Use caution when carrying items while walking.

Use a nightlight when getting out of bed at night.

Stay active to maintain overall strength and endurance.

Know your limitations. If there is a task you can not complete with ease, do not risk a fall by trying to complete it.

The information and suggestions provided through our services are not a substitute for those of your primary care provider.