

STAYinTV Fall Prevention

Falls are the main reason older people lose their independence. Many falls can easily be prevented. Managing your medications, having your vision and hearing checked, regular exercise, and making your home safer are all things you can do to help prevent a fall.

STAYinTV Can Help

Home Maintenance

This program provides minor home maintenance, safety repairs, and modifications for those who are unable to do the work themselves.

Rides

This program serves to assist residents, both short term and long term, who need transportation to medical appointments and other essential services.

Groceries & Errands

This program offers a service for residents who need someone to do their grocery shopping or errands for them.

Respite Care for Caregivers

This program provides long-term caregivers with time to relax and refresh from 24/7 caregiver duties.

Check Your Fall Risk

- Have you fallen in the last six months?
- Do you take four or more medications?
- Do you ever feel unsteady, weak, or dizzy?
- Has your hearing gotten worse?
- Has it been more than two years since your last eye exam?
- Do you drink alcohol daily?
- Do you have more than three chronic health conditions such as diabetes, high blood pressure, or arthritis?
- Do you use a cane or walker?
- Do you use your arms to rise from a chair?
- Do you exercise less than two days a week?

The more **Yes** answers you have, the greater your chance of having a fall. Talk with your healthcare provider about your risk for falls.

STAYinTV

Phone Us: 865-458-7084

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Four Things You Can Do

1. Check Your Home

Remove clutter and throw rugs, add grab bars in the bathroom, have adequate lighting, wear proper footwear, and never climb up on anything.

STAYinTV Home Maintenance program can provide simple home maintenance and repairs that you are unable to do yourself.

2. Regular Medical Check-ups

Keep up with vision, hearing, and medication reviews.

3. Regular Exercise

Physical activity improves strength, coordination, balance, and self-confidence.

Try walking, take free classes at the Loudon County Senior Center, join the Wellness Center, and ask your physician if you could benefit from physical therapy.

4. Take a Fall Prevention Class

Check for classes at Tellico Village University, Loudon County Senior Center, and area hospitals.

