

Fall Prevention Resources

LMH Health believes that preventing falls is possible and we continue to make it a priority. Because a fall can have lifelong effects, prevention is important to long-term health.

How can I lower my risk for falls?

- Talk to your doctor if you have fallen or if you feel unsteady when standing or walking.
- Review the side effects of your medications.
- Stay active with exercises that strengthen your legs, core, and improve balance.
- Have vision and hearing tests done regularly.
- Make your home safe by removing floor clutter, securing rugs and cords, installing handrails on stairs and grab bars in showers, and improving lighting.
- Use assistive devices, such as a walker or cane, if needed.
- Know your limitations.

Exercise is one of the most effective ways to improve balance and coordination, which is important for preventing falls. There are many classes and programs available, both through the hospital and in the community, to help support your journey to lifelong health.

Resources at LMH Health

- **Stepping On:** This research-based, scientifically proven program offers older adults a way of reducing falls by focusing on key issues including fall risks, strength and balance exercises, medication review, vision, home safety, safe footwear, and what to do and how to cope after a fall. Call LMH Connect Care at 785-749-5800 for more information.
- **Wellness classes:** For more information, contact the LMH Health Wellness and Performance Center at 785-505-5840 or visit <https://www.lmh.org/wellness/fit-for-life>.
 - Tai Chi
 - Fit for Life
 - Parkinson's Care & Wellness - strength, balance and conditioning classes
 - Lava Yoga

Community resources

- Lawrence Parks and Recreation offers many health and wellness classes for the residents of Lawrence. Call 785-832-3450 or visit <https://lawrenceks.org/lprd> for more information.
- The City of Lawrence maintains many walking trails, including along Burroughs Creek and the Lawrence Levee. Visit <https://lawrenceks.org/lprd/parks> for more information about trails in and around Lawrence.
- The Senior Resource Center for Douglas County, located at 745 Vermont Street in Lawrence, can connect you to the wellness resources you need. For more information, call 785-842-2543 or visit www.yoursrc.org.