

Tips to Minimize Risk of Falling

1. Keep pathways clear
2. Use appropriate foot wear
3. Keep pathways lit
4. Consider sitting for bathing
5. Use sturdy handrails when managing steps
6. Keep frequently used items between shoulder and knee height
7. Be aware of uneven surfaces
8. Put bells on pet collars

How Do I Get an Assistive Device?

It is important that the product is fitted to you and meets your individual needs. Ask your doctor or therapist for the assistive device best that is best for your needs.

We Accept Most Insurances

Traditional Medicare

NM Medicaid

Tricare West / Retiree

Presbyterian

Health Net Federal Services

Humana

NM Waiver Programs

Please inquire for other insurances and payment options.

Occupational Therapy

2727 San Pedro Rd. NE, Suite #116
Albuquerque NM, 87110
Phone: (505) 433-2146
Fax: (505) 508-2305
Email: ILTS@TherapyABQ.com
Website: www.TherapyABQ.com



FALL PREVENTION EDUCATION

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Fall Statistics

1. Most common reason for hospitalization
2. Leading cause of injury death in older adults
3. Results in injury 20-30 % of occurrences

Risk Factors

1. History of 1 or more falls
2. Fear of falling
3. Vision impairment
4. Balance impairment
5. Multiple medications

Decrease Your Risk

1. Regular Exercise
2. Assess your home
3. Vision screening
4. Medication check
5. Fall screening
6. Talk with your doctor
7. Request a therapy evaluation

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How can therapy help?

- ✓ Improve strength and balance
- ✓ Provide recommendations to minimize fall risk at home.
- ✓ Mobility and Self-Care Equipment Recommendations



WE CAN HELP PREVENT FALLS Older Adult Fall Prevention

Decrease your risk of falling with an individually tailored balance and strengthening program that is delivered by a licensed therapist.

About Independent Living Therapy Services

Independent Living Therapy Services is a private, locally owned outpatient therapy practice providing occupational therapy services in the office, home and community.

For individuals at risk of falls:

Comprehensive Fall Risk Assessments
Home Safety Assessment
Wheelchair and Mobility Evaluations

*Patient Centered
Evidenced Based
Individualized 1:1 OT*

*Occupational Therapist
Seating and Mobility Specialist*

Ivyrose Gonzales, MOTR/L, ATP/ SMS
University of New Mexico Alumni

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