



## Falls Prevention

One third of all people over the age of 65, and half of all seniors over the age of 80, fall every year resulting in serious and debilitating injuries. The HCR Falls Prevention Program can dramatically reduce your risk of falling and subsequent injury.

The HCR team will identify your risks for falling. A personalized plan will help you reduce those risks and strengthen your mobility.

- An individual screening using a “Gold Standard” tool determines the level of your falls risk.
- After a comprehensive examination, we work with your physician and pharmacist to reduce your unique potential to fall.
- HCR will recommend safety equipment, such as grab bars, to reduce the risk of falls, so that you can remain safely in your home.

### HOME CARE OF ROCHESTER

**For more information,  
contact Care Coordination  
at 585-272-1901.**

[www.homecarerochester.com](http://www.homecarerochester.com)

### Take the Fall Risk Test

If you are concerned about falling, ask yourself three questions:

1. Have you fallen or almost fallen in the last three months?
2. Are you afraid that you might fall?
3. Are you unable to rise from a chair without using your arms?

If you answered “yes” to any of these questions, seek an evaluation with HCR to assess your risk of falling.



Keeping you at home and healthy –

## We Can Do That