

Did You Know?

- Falls are the most common cause of injury in people over age 60
- Arizona ranks 5th in the nation for fall-related deaths
- Falls are the leading cause of injury-related deaths in adults over 65
- More than 40% of older adults are unable to live independently after falling
- **Falls can be prevented!**



Information

For more information about this program or to refer a friend, please call 480-882-6734.



SCOTTSDALE
HEALTHCARESM

Healthy Steps

7400 E. Osborn Road, Scottsdale, AZ 85251
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shc.org

Healthy Steps

Outpatient Fall Prevention
& Intervention Program



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Personalizing Health



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Healthy Steps

Outpatient Fall Prevention & Intervention Program

Scottsdale Healthcare's Healthy Steps is a complete program that helps those at risk for falling.

The goal of this program is to help individuals reduce their risks for falls, and increase their capacity to maintain independence and have a positive quality of life.

What the Healthy Steps program offers:

- One-on-One interventions: a geriatric social worker will conduct a complete assessment and will help you follow your treatment plan
- Gait and Balance Fitness program: Offered in collaboration with Scottsdale Healthcare's Cardiopulmonary Rehabilitation department, this program offers:
 - Balance and mobility training
 - Gait and balance fitness classes
 - Exercise supervised by trained staff
- Resources, community services and programs
- Medication review
- Screening, education and lectures

Are you at risk for falls? Answer the following questions:

1. Have you fallen more than once in the past 6 months? Yes No
2. Does the fear of falling limit your activities? Yes No
3. Do you sometimes feel dizzy or have weakness in your legs when you stand up? Yes No
4. Are you sometimes unsteady when you stand or walk? Yes No
5. Do you often feel fatigued? Yes No
6. Do you sometimes have to rush to the bathroom? Yes No
7. Do you sometimes lose control of your bladder and/or bowels? Yes No
8. Do you get up in the night to use the bathroom? Yes No
9. Do you sometimes feel unsteady when you drink alcohol? Yes No
10. Have you been told that you are not hearing correctly? Yes No
11. Are you sometimes unable to see where you are stepping? Yes No
12. Do you feel you should be more physically active than you are? Yes No
13. Are you overweight? Yes No
14. Are you over the age of 75? Yes No
15. Have you been hospitalized in the past 6 months? Yes No
16. Do you suffer from medical conditions or disorders
(*cardiovascular, neurological, musculoskeletal*)? Yes No
17. Have you had a hip fracture or a lower limb joint replacement? Yes No
18. Do you take medications (*prescription or non prescription*) daily? Yes No
19. Do you live alone? Yes No
20. Do you live in a 2-story dwelling, requiring climbing stairs? Yes No

If you answered “Yes” on 14 or more of these questions, you may be at high risk for falling.