


OhioHealth Falls Prevention Program






The OhioHealth Falls Prevention Program provides recommendations to help individuals decrease their risk of falling and improve quality of life by increasing confidence in moving around safely.

The program is designed for anyone who has a history or a fear of falls and anyone who has trouble with:

- Enjoying an active lifestyle and social activities such as eating out, shopping, traveling or keeping up with grandchildren.
- Walking
- Getting in and out of a car, shower or bathtub
- Going up or down stairs
- Getting up and down from chairs, sofa or bed
- Picking up something from the floor

Evaluation

Patients will receive a comprehensive medical evaluation by a physician and a physical therapist. This evaluation may include a review and assessment of:

- Past medical history
 - Eyes, ears, blood pressure and heart rate
 - Medications
 - Cognition
 - Strength, balance and gait
 - Functional mobility and balance
 - Equilibrium
 - Current use of assistive devices
 - Feet and current footwear
 - Home safety
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Recommendations

Together with input from the patient and family, the physician and the physician therapist will make recommendations to help decrease the patient's risk of falling which may include:

- Medical care
- Assistive devices
- Home exercises and instruction
- Physical therapy for strength, balance or gait
- Effective footwear
- Home environment changes for improved safety education


Frequently Asked Questions

Q: Will Medicare or my healthplan cover this service?

A: If you wish to pay for our services through insurance, please ask your physician to refer you to the OhioHealth Falls Prevention Program. The physician and physical therapy services are billable under Medicare Part B and most insurance and Medicare supplemental plans. You may be responsible for deductibles and co-payments. Financial details will be discussed with you before your assessment.

Q: What do I need to bring to my appointment?

A: Wear comfortable clothing and shoes for being active and bring with you:

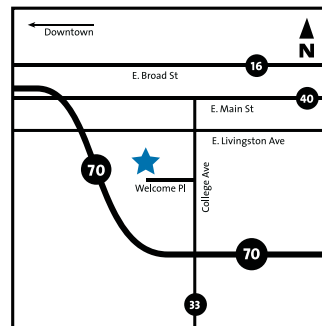
- An up-to-date list of all medications and dosages including over the counter medications.
 - A family member or close friend to help with administrative tasks to increase the effectiveness of your time with the clinicians.
 - Your current assistive device(s) used for walking.
 - A copy of your insurance cards.
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OhioHealth Falls Prevention Program Locations

The OhioHealth Falls Prevention Program has 2 locations to serve you. To make an appointment, please call the location below which you prefer.

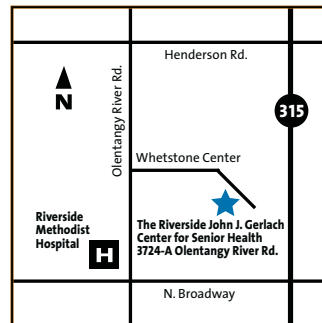
Bexley Primary Care at Wexner Heritage Village

2222 Welcome Place
(Inside the Harry and Pearl Polster Medical Center)
Columbus, Ohio 43209
For an appointment, call (614) 338-8833
www.BexleyPrimaryCare.com



The Balance and Mobility Clinic The John J. Gerlach Center for Senior Health

3724 Olentangy River Road
Suite A
(Across from Riverside Methodist Hospital in the Whetstone Center)
Columbus, Ohio 43214
For an appointment, call (614) 566-5858
www.ohiohealth.com/riverside



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MARION GENERAL HOSPITAL ■ HOMEREACH ■ OHIOHEALTH NEIGHBORHOOD CARE