FALL PREVENTION RESOURCE GUIDE FOR OLDER ADULTS
2017-2018 EDITION

PROVIDED BY:

SENIOR INJURY PREVENTION PARTNERSHIP
(SIPP)
This resource guide is a result of the collaboration between Alameda County Emergency Medical Services (EMS), Senior Injury Prevention Program and Alameda County Social Services Agency, Area Agency on Aging, through the Senior Injury Prevention Partnership (SIPP).

**Senior Injury Prevention Partnership (SIPP)**

The Senior Injury Prevention Partnership is a network of public and private service agencies determined to reduce the number of preventable injuries to older adults in Alameda County and raise awareness of the need for older adult injury prevention programs.

**Active SIPP Membership**

- Alameda County Area Agency on Aging
- Alameda County Behavioral Health Services
- Alameda County Public Health-EMS Division
- Alameda County Commission on Aging
- Alameda County Fire Department
- Alameda County Library
- Alameda Health System
- American Bone Health
- City of Alameda Fire Department
- DayBreak Adult Day Care Centers
- Eden Medical Center
- Fremont Fire Department
- Fremont Human Services
- Home Safety Services
- United Seniors of Oakland and Alameda County
- IndeeLift Floor Lifts
- Life ElderCare
- LifeLong Medical Care
- Peace of Mind Home Care
- Senior Support Program of the Tri-Valley
- Summer Health
- Spectrum Community Services
- St. Mary’s Center
- Vital Link Emergency Response Systems

For more information on SIPP, or to become a member, contact Alameda County Emergency Medical Services, at (510) 618-2050.
INTRODUCTION

Approximately one-third of community-dwelling individuals age 65 and over will experience a fall annually, and one in five of those falls will cause serious injury.

The risk of falling increases when someone has:
- Fallen before
- Balance problems
- Chronic diseases, such as arthritis
- Depression
- Foot pain or poor footwear
- Hazards in the home
- Multiple medications
- Memory problems
- Fear of falling
- Muscle weakness
- Problems with walking or unsteady gait
- Hearing problems
- Vision problems
- Vitamin D deficiency

Most falls are caused by a combination of risk factors. The more risk factors a person has, the greater their chances of falling. There is strong evidence suggesting interventions addressing multiple risk factors can reduce the number of falls.

In order to meet the ever-growing demand for fall prevention services, the number of evidence-based fall risk reduction/prevention programs has grown in Alameda County; older adults and service providers have an increasing array of program choices to fit a diverse set of needs and available resources.

This resource guide is intended to assist service providers and seniors select programs that best suit their needs. Programs are generally evidence-based; some have a cost but most community-based programs are available free of charge or for a small fee. Some programs are intended for more or less frail individuals, depending on the program. Not all programs are available in languages other than English. Please call your local program for information about language capacity.
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**Physical Activity**

Improving physical strength and balance can reduce the risk of falling. Walking, gardening, and dancing are all good ways to stay fit and healthy.

The programs listed below are evidence-based programs *specifically designed to reduce the risk of falling.* Call local programs for details. Contact local senior centers for additional information about group physical activity opportunities.

**St. Mary’s Center**  
925 Brockhurst St., Oakland, CA 94608; (510) 923-9600  
- Enhance Fitness  
- Tai Chi Moving for Better Balance

**Spectrum Community Services**  
*Various sites in Hayward, Castro Valley, San Leandro; (510) 881-0300, ext.270*  
- Enhance Fitness  
- A Matter of Balance

**LifeLong Medical Care**  
*Various sites, available for Members Only (510) 549-5417*  
- Tai Chi Moving for Better Balance

**Senior Support Program of the Tri-Valley**  
*Pleasanton Senior Center, 5353 Sunol Blvd, Pleasanton, CA 94566 and various other sites in eastern Alameda County; (925) 931-5379*  
- GeriFit  
- In-Home Exercise Program  
- A Matter of Balance  
- Tai Chi Moving for Better Balance

**City of Fremont, Fremont Senior Center**  
40086 Paseo Padre Pkwy., Fremont, CA 94538; (510) 790-6600  
- Tai Chi Moving for Better Balance

**Afghan Elderly Association, Southern Alameda County**  
*Centerville Community Center, Fremont; (510) 574-2059*  
- A Matter of Balance  
- Tai Chi Moving for Better Balance
Physical Activity continued...

**Life ElderCare, Fremont**  
*Various sites in southern and central Alameda County; call for more information about group or in-home support; (510) 574-2087*  
- Lifestyle Integrated Function Exercise (LIFE) in-home exercise program  
- A Matter of Balance

**DayBreak, Adult Day Care**  
*Available for members only; (510) 834-8314*  
- A Matter of Balance

**United Seniors of Oakland and Alameda County (USOAC)**  
*(510) 729-0852*  
- Walking groups specifically designed to minimize fall risk in Oakland and Ashland

**Peace of Mind Home Care**  
*Alameda Free Library; (510) 924-8529*  
- A Matter of Balance

*Not evidenced-based.*

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**Home Safety/ Home Modifications**

**Fall Prevention classes** provide information about simple home safety and distribute related checklists. These classes provide education supporting good safety habits, such as improving lighting and eliminating or moving furniture and rugs. See p. 8 for information on fall prevention classes.

The City of Alameda Fire Department **Safety and Accessibility Program** provides a free fire and fall prevention inspection for Alameda residents. Free **smoke alarms** and safety modifications may be available. Contact Maria Young, (510) 337-2133.

**Medical alert systems** and **de-cluttering** can support home safety. Go to community resources for more information on medical alert systems, p.11.  
Fall-risk education classes address clutter and hoarding; go to p.8, 11.
Home Safety/ Home Modifications continued...

Some **home safety modifications** may be very expensive, but most home modifications needed to improve safety have a moderate cost. Home modifications can include adding grab bars, improving lighting, and removing trip hazards. See p.11 for trusted resources for home modifications.

The programs listed below provide **free home modifications**, mostly to low-income seniors, and most programs have a cap of $500 per household. Some programs will assist tenant-occupied homes, but may require owner approval.

**Rebuilding Together**  
*(Oakland and Central Alameda County)*  
(510) 625-0316 X103

**DayBreak, Adult Day Health Centers**  
*(available to members only, locations throughout Alameda County)*  
(510) 834-8314

**City of Berkeley Senior Services**  
*(Berkeley)*  
(510) 981-5200

**Life ElderCare**  
*(Central and southern Alameda County)*  
(510) 574-2087

**Afghan Elderly Association**  
*(Fremont, Newark, Union City)*  
(510) 574-2059

**Senior Support Program of the Tri-Valley**  
*(Pleasanton, Livermore, Sunol, Dublin)*  
(925) 931-5379

**Center for Independent Living (CIL) Residential Access Program**  
*(Access modifications— such as ramps, lifts, grab bars— for Berkeley residents who have a disability and are low to moderate income)*  
(510) 649-1100, ext.303

**City of Berkeley Minor Home Repair**  
*(Berkeley homeowners only)*  
(510) 981-7760
**Medication Management/ Support**

Falls can be a side effects of medications. Monitoring prescription and over-the-counter medications and specifically reviewing for possible interactions can effectively help reduce the risk of falls.

**Medicare, Part D,** has a program called the Medication Therapy Management (MTM) Program. Medicare Part D individual health plans must, at a minimum, offer a comprehensive review of prescriptions (CMR) annually for targeted beneficiaries and provide written summaries (typically for people receiving 2-8 different medications). These reviews are usually done by a pharmacist, either in person or on the phone, and provide an individualized, written medical review summary.

The programs below offer medication review by a pharmacist for all clients at risk for a fall, and follow-up with health care providers, at no cost.

- **St. Mary’s Center**  
  925 Brockhurst St., Oakland, CA 94608; (510) 923-9600

- **LifeLong Medical Care**  
  Available for members only; (510) 549-5417

- **Senior Support Program of the Tri-Valley**  
  Pleasanton Senior Center, 5353 Sunol Blvd., Pleasanton, CA 94566 and various other sites in eastern Alameda County; (925) 931-5379

- **Afghan Elderly Association**  
  Centerville Community Center, Fremont; (510) 574-2059

- **Eden Medical Center**  
  20103 Lake Chabot Rd., Castro Valley, CA 94546; (510) 537-1234

- **Life ElderCare**  
  Central and Southern Alameda County; (510) 574-2087
Fall Prevention Education

Falls, with or without an injury, can significantly impact quality of life. Older adults may fear falling, and as a result, limit their activities and social engagements. This can result in further decline, depression, social isolation, and feelings of helplessness. The following resources provide classes specifically designed to reduce falling and fear of falling. Classes are free.

- **Alameda County Emergency Medical Services** – Fall Prevention Classes
  
  Call for more information (510) 618-2050; various sites throughout Alameda County

- **St. Mary’s Center** – GeriFit
  
  925 Brockhurst St., Oakland, CA 94608; (510) 923-9600

- **Afghan Elderly Association** – A Matter of Balance
  
  Centerville Community Center, Fremont; (510) 574-2059

- **Life ElderCare, Fremont**—A Matter of Balance
  
  Various sites in southern and central Alameda County; (510) 574-2087

- **Peace of Mind Home Care** – A Matter of Balance
  
  Alameda Free Library; (510) 924-8529

- **Alameda Health System**
  
  Contact Stefania Kaplanes, Trauma Prevention Manager; (510) 535-7648

- **Senior Support Program of the Tri-Valley** – A Matter of Balance
  
  Various sites in eastern Alameda County; (925) 931-5379

- **Spectrum Community Services** – A Matter of Balance
  
  San Leandro Senior Center; (510) 881=0300 X270

**Nutrition Support**

Proper nutrition is important at all ages, but older adults should focus on specific nutrients of concern. Inadequate intake of fluids, protein, and/or Vitamin D have all been directly linked to increased risk of falling.

**Senior group dining sites** throughout Alameda County provide a nutritious lunch for a nominal donation request or fee, with opportunities for socializing and nutrition education from a dietitian. A variety of ethnic meals are also available. Call Alameda County Senior Information and Assistance for local site information: 1-800-510-2020.
Meals on Wheels programs are available throughout Alameda County for homebound seniors. Call Alameda County Senior Information and Assistance to contact local programs: 1-800-510-2020.


The Alameda County Community Food Bank has food pantries and food distribution sites throughout Alameda County and can assess eligibility for Cal Fresh (food stamps). Contact: (510) 635-3663.

Nutrition counseling, including Vitamin D and hydration review, may be available from your health care provider. East Alameda County residents may contact Senior Support Program of the Tri-Valley, at (925) 931-5379, and LifeLong Medical clients may call (510) 549-5417 for more information.

Health Screenings

Vision problems can include: blurry vision and glare, poor depth perception, and/or problems going from light to dark. These conditions can increase the risk for falling because they affect balance and decrease the ability to see clearly. People with vision problems more than double their likelihood of falling. The cost of vision exams varies, and not all insurance programs cover the cost.

- Original Medicare, Part A and Part B, does not generally cover routine eye exams for eyeglasses or contact lenses. However, Medicare Part B will cover an annual eye exam every 12 months, if you have diabetes or are at high risk for glaucoma.

- UC Berkeley Optometry provides low-vision exams; contact UC Berkeley Optometry at (510) 642-2020.

- Lighthouse for the Blind and Visually Impaired provides skills training and adaptive devises. Contact (415) 431-1481, or info@lighthouse-sf.org.

- The Center for Adaptive Technology at the Ed Roberts Center offers classes for seniors with vision loss; contact (510) 741-3224 for information.
Health Screenings continued...

**Bone density testing**, also called DXA, is today’s established standard for measuring bone mineral density, an obvious risk factor for falls. While most insurance companies do not require prior authorization for a DXA, insurance coverage varies by plan. **Contact American Bone Health, at (510) 832-2663, or go to [https://americanbonehealth.org/bone-density-testing/](https://americanbonehealth.org/bone-density-testing/) for more information.**

**Podiatry services** are available from the Fremont Senior Center and offered twice monthly by appointment; call (510) 790-6600 to make an appointment. Contact your health care provider for additional resources. Services are also available, for a $10 fee, for members of the Hayward Senior Center; call (510) 881-6766. Foot care is available for a suggested donation of $10 at Kenneth Aitkin Senior Center; call (510) 881-6738.

**Health screening** specific to fall risk may be available from your health care provider. East Alameda County residents may contact Senior Support Program of the Tri-Valley, at (925) 931-5379, and LifeLong Medical clients may call (510) 549-5417, for more information.

**Mental Health Support**

Studies have shown that depression arising from feeling isolated can contribute to a fall. Socialization support is provided by the following agencies.

- **Telecare Services**, at Alta Bates Medical Center, provides a daily phone check-in from a volunteer to homebound or disabled seniors. Contact (510) 204-4887 for more information.

- **Friendly Visitor Programs** match volunteers with frail and isolated seniors. Programs are throughout Alameda County. Contact (800) 510-2020 to find a local program.

- **Senior Center Without Walls** provides group classes for homebound seniors through free phone conference calls. Contact (1-877) 797-7299.

- **Senior Companion Program** provides assistance/companions to adults with physical, emotional, or mental health limitations. In Oakland, contact (510) 238-3080.

- **Senior Centers**, including ethnic senior centers, are in every city in Alameda County and support socialization, lifelong learning, and volunteer opportunities. Contact (800) 510-2020 to find a local program.
Mental Health Support continued...

Hoarding and Clutter
- City of Berkeley case managers will assist with hoarding and home safety. Contact (510) 981-5180.
- City of Fremont case managers will assist with hoarding and home safety. Call the Senior Help Line at (510) 574-2041.

Compulsive hoarding and cluttering support groups are available. Contact:
- [http://clutterersanonymous.org/meetings/face-to-face-meetings/](http://clutterersanonymous.org/meetings/face-to-face-meetings/)
- [http://www.hoarders.org/sg.html](http://www.hoarders.org/sg.html)

Additional Local Community Resources

Below is a sampling of local for-profit companies/businesses that provide fall prevention support. Many national companies also provide fall prevention services in the categories listed below.

**Pendants/Medical Alert Systems**
*Vital Link Medical Alert System, Asher Hoffman, (510) 338-3466*
Bay Alarm, (877) 522-9633
Lifeline, Summit Hospital, (510) 869-8992

**Minor Home Repairs/Home Safety Services (Modifications) for Fall Prevention**
*Home Safety Services, Tim Stevens, (888) 388-3811*
*IndeeLift People Picker Upper, David Cronin, (925) 455-5438 or (925)708-2981*
See p.6 for additional resources.

**Home Care**
*Peace of Mind Home Care, Gayle Uchida, (510) 924-8529*
Center for Elders Independence, (510) 433-1150
*Senior Support Program of the Tri-Valley, (925) 931-5375*
Asian Network Pacific Home Care, (510) 258-1118
Senior Alternatives, Oakland, (888) 311-4290

*SIPP Member