



Prevent Falls with Better Balance

Regain or maintain your independence at home with a 4-week class taught by our physical therapists.

Recommended for Anyone Who:

- Is prone to falling or has a fear of falling
- Experiences imbalance when walking, turning corners, bending, or reaching
- Has dizziness with movement
- Needs to hold onto furniture or walls when walking around the house

Note: This course is designed for adults who can stand independently without support and can walk at least 40 feet without an assisted device.

What You'll Learn:

- How to improve your balance
- Strength training exercises
- Exercises that help improve your flexibility, reflexes, and reaction times

Your balance will be tested at the first and last class to measure your progress.

When and Where

Tuesdays and Fridays: 11:30 a.m. to 12:25 p.m.
1119 E. Stanley Blvd., Livermore, CA 94550
\$80 for a 4-week session (we can also look into billing your insurance)

How to Sign Up

Register at the Physical Medicine Services reception desk or call **925-373-4019**.



Stanford
MEDICINE

Health Care
Tri-Valley

continued on back »

Home Safety Checklist

Take the time to inspect your home for the following:

	Yes / Good	No / Needs Repair	Doesn't Apply
ENTRANCES			
How are the steps? Do they have a secure railing?			
Is the entrance well lit?			
LIVING ROOMS AND BEDROOMS			
Can you turn on the lights upon entering the room?			
Are phone and extension cords away from areas where you walk?			
Are the floors clear of clutter, shoes, and pet toys?			
Are throw rugs securely adhered to the floor with non-skid carpet mats?			
KITCHEN			
Is the floor clear of clutter?			
Are items within reach without using a step stool?			
Does your step stool have a bar to hold onto?			
BATHROOMS			
Is there a night light?			
Does the shower or tub have non-skid surfaces (mat, decals, or strips)?			
Are the floors kept dry and free of clutter?			
Does the bathroom rug have a non-skid backing?			
Is your toilet seat raised so you can get on and off easily?			
STAIRWAYS AND HALLWAYS			
Is the stairway lit from the top and bottom steps?			
Is there a handrail and is it solid and sturdy?			
Are the steps in good condition?			
Are the stairs clear of small rugs, runners, and clutter?			
OUTDOOR AREAS			
Are the surfaces on the walkways and driveways even?			
Are the hoses looped on a reel?			
Do the stairways have handrails?			
Is there sufficient lighting to provide safe walking at night?			



Stanford
MEDICINE

Health Care
Tri-Valley