



Livingston County Resources

Fall Prevention Education

Liv. Co. Department of Health 243-7299

Liv. Co. Office for the Aging/ 243-7520

NY Connects

UR Medicine|Noyes Health 335-4359

Exercise Programs

Matter of Balance/Tai Chi for Arthritis Classes: (Livingston County)

Liv. Co. Office for the Aging 243-7520

Or email kknop@lifespanrochester.org

Silver Sneakers:

Avon Fitness & Tanning 226-9240

Caledonia Fitness Center 538-6990

Logan's Inn- Dansville 335-5840

UR Medicine|Noyes 335-4386

Health-Dansville

Nunda Physical Therapy 468-2020

Physical Therapy 346-0060

Professionals of Lakeville

Exercise for the Young at Heart:

Geneseo Methodist Church 243-3160

Online Resources

- www.gvhp.org/fall-prevention.html
- www.stopfalls.org/individuals-families/
- www.silversneakers.com
- www.cdc.gov

Services

UR Medicine|Noyes Health: 335-4359

E.A.R.S. Lifeline Medical Alert

Med Dispensing Service

Home Safe Home

Preventing Falls

A Guide for Seniors

Begin a regular exercise program



Exercise regularly. It is important that the exercises focus on increasing leg strength and improving balance, and that they get more challenging over time. Tai Chi programs are especially good.

Have your doctor or pharmacist review your medications



Review both prescription and over-the-counter to identify medicines that may cause side effects or interactions such as dizziness or drowsiness.

Have your vision checked



Eyes need to be checked by an eye doctor at least once a year and update your eyeglasses to maximize your vision.

Make your home safer

- Reduce trip hazards
- Add grab bars inside and outside the tub or shower and next to the toilet
- Add railings on both sides of stairways
- Improve the lighting in your home

*Source: Centers for Disease Control and Prevention





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