

Why attend the Falls Prevention Mobile Clinic?

- ✓ To learn what you can do to reduce falls
- ✓ To stay as independent as possible

Did you know?

- Some medical conditions can put you at a higher risk for falls.
- Seniors who have had one fall have 2x the risk of future falls.
- **Most falls are preventable!**

Do you want to read more about preventing falls?

Read [Your Guide to Independent Living](#)

by going to:

patienteduc.fraserhealth.ca/permalink/24140



For more information on clinics and presentations, contact us at

(604) 374-2273

or

fallsprevention@fraserhealth.ca

You can also find information on our website

fraserhealth.ca/fallsprevention



www.fraserhealth.ca

This information does not replace the advice given to you by your healthcare provider.

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For more copies: patienteduc.fraserhealth.ca

Falls Prevention Mobile Clinic



Image by Freepik



How to attend a clinic

There are two options. You can attend in person at a mobile clinic in your community, or virtually on Zoom.

Your total time at a clinic is about two hours.

Clinics are free to attend. Please register in advance. You do not need a doctor's referral.

For a schedule of mobile clinics in your community, go to:

fraserhealth.ca/fallsprevention.

We also offer presentations on falls prevention.

Register for a clinic

To register, call us at

(604) 374-2273

or email us at

fallsprevention@fraserhealth.ca

Your clinic visit

There are 3 steps to your visit.

1. Intake and Assessment

We do a Falls Risk Assessment for you. We check your strength, balance, vision, body awareness, and reaction time. We also check your:

- Blood pressure
- Pain
- Falls history

2. Pharmacist visit

Our pharmacist discusses your bone health and checks if you are getting enough calcium and vitamin D. They also discuss any pain you have, sleep, and overall health.

The pharmacist reviews your medications with you, focussing on those that increase the risk of falls.

3. Physiotherapist visit

Our physiotherapist explains the results of your Falls Risk Assessment.

They talk with you about your activity level and help you develop a physical activity program. They also discuss any equipment you might need for safety.

After the clinic

After visiting the clinic, you receive the following:

- ✓ Your Falls Risk Assessment
- ✓ Recommendations on ways to reduce your risk of falls and fall-related injuries
- ✓ Referrals to community resources
- ✓ An Action Plan will be mailed to you

We send a summary of results and recommendations to your family doctor or nurse practitioner.

***Your independence is valuable.
Why risk it?***