

# Community Resources for Fall Prevention

## Services Offered by Longmont United Hospital

### Health Ambitions and PrestigePLUS

**Health Ambitions** is a wellness center located within Longmont United Hospital. Programs are created for adults, especially seniors, and for people who have been ill or have had an injury. Our center provides wellness options in a medically safe setting.

**PrestigePLUS** is Longmont United Hospital's senior wellness membership program. It is open to people ages 55 or better. We are a partner with the City of Longmont Senior Services Division which allows us to serve the larger community. We provide wellness activities, educational programs, clinics, classes, consulting and screenings. We are located at the Longmont Senior Center, 910 Longs Peak Avenue.

### Our Services for Fall Prevention

#### Balance Screening

Our Balance Screening is a series of three tests that measure your balance and help to find any problem areas you may have. A computer printout of your balance performance is included. Physical and Occupational Therapists do the screening, which takes about 30 to 40 minutes. At the end of the screening, a Therapist will speak with you about the results. You will receive suggestions about how to improve your balance and lessen your risk for falls. For individual assessment call 303.485.4163. Payment must be received before the screening date. Cost \$25.

#### Home Evaluations for Safety

Experienced Occupational Therapists can visit your home and check it for possible safety problems. We can recommend changes to help avoid accidents. We will look at furniture layout to lighting and other things to make it safe for you. Call 303.485.4163 to make an appointment. Cost \$55.

#### Tai Chi

Learn the ancient art of Tai Chi, used by the Chinese for hundreds of years. The slow movements of this exercise offer increased strength and balance, muscle toning, and relaxation with no impact. This class is for people who are active, but each person learns at his/her own pace. Classes held at the Therapy Gym at Longmont United Hospital. Call 303.485.4184 to register.

## Other Services Offered by the Community

#### Fix-it Folks

Volunteer Fix-it Folks are available to come to your home to make minor repairs and install grab bars. You purchase the necessary supplies. Call RSVP at 303.772.2262 to make an appointment.

### Is It Covered By Insurance?

Physical and occupational therapy for outpatient services may be covered by insurance. Check with your doctor about ordering therapy for fall-related injury or balance problems related to a disease.

### Contact Information

Health Ambitions	303.485.4161
PrestigePLUS	303.651.5080
RSVP	303.772.2262

