

Falls Prevention Program

Through Olmsted Medical Center's
Active Aging Services



At Olmsted Medical Center, we believe that through screening, education, and the use of services in southeastern Minnesota, the number of falls each year can be drastically reduced. Almost half of reported falls happen in the home and falls are the leading type of accidental death in our area. The Active Aging Services Department at OMC, in partnership with Lutheran Social Service, now offers a Falls Prevention Program. Falls are preventable!

Falls Prevention Program

Includes a medical consultation based on the following:

- In-home screenings by a Certified Community Health Worker
- In-office screenings by a medical provider and a registered nurse
- Medication review by a Pharmacist
- Education including how to prevent falls, how to fall safely and get up after a fall, and much more
- Recommendations for equipment
- Connections to community services to assist with in-home improvements
- Referrals to and information from other specialty departments at Olmsted Medical Center to improve health, safety, and overall well-being
- Follow-up visits by a Certified Community Health Worker and a provider, as needed

Criteria

- Recent fall or history of falls
- Concerned about having a fall
- Residing in a private residence, assisted living, group home, or adult foster care

Contact

An experienced care staff will respond to emails, phone calls, and provider referrals Monday through Friday from 7:30 AM-5:00 PM.

For more information, call Active Aging Services at 507.287.2794 or email the care team at AAS@olmmed.org.



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