

Fall Prevention Resources

Tai Chi Classes

Recreation Centers

Corte Madera	927-5072
Larkspur	945-7380
Mill Valley	383-1370
San Anselmo	258-4640
Sausalito	289-4152
Tiburon	435-4355

Senior Centers

Novato	893-7940
Whistlestop	459-6700

College of Marin 457-8811
x7751

- Kentfield Campus
- Novato IVC Campus

The Redwoods, Mill Valley

The Tamalpais, Greenbrae

Adult Ed/Community

Drake Hi School	458-3420
Redwood Hi School	945-3660
Tam Hi School	380-3533
Kaiser Permanente	444-4645
Frietas Sr.Community	479-7581

Grab Bar Installation

Ask for contractor referral from a hardware store that sells grab bars.

Fall Prevention Video

“Watch Your Step”

Call Novato Independent
Elders Program 893-7997

Exercise Book and Video

National Institute on Aging
\$7 to NIAIC, Dept F, Box 8057,
Gaithersburg, MD 20898-8057



10 N. San Pedro Rd.
San Rafael, CA 94903
415-499-7396

Strength Training Classes

Novato Senior Cntr	893-7940
Mill Valley Rec Cntr	383-1370
Tiburon Rec Cntr	435-4355
San Rafael Comm Cntr	485-3341
College of Marin	457-8811 Ext. 7751 or 7752

Kentfield & IVC Campuses

YMCA	492-9622
Jewish Comm Cntr	479-2000
Meridian Sports Club	459-8668
Whistlestop	456-9062

Marin Senior Information

457-4636



This information is current as of 9/08

Exercise

- Regular exercise reduces your chance of falling.
- Tai Chi improves balance.
- Strength training improves bone and muscle strength.

Home Safety

- Have grab bars near tub and toilet. Use non-slip mats in tub and shower.
- Remove clutter and cords from pathways. Remove throw rugs or fasten them securely.
- Maintain good lighting throughout your home. Keep flashlights handy in case of power outage.
- Have secure handrails near stairs.
- Be aware of pets underfoot.

Vision

Vision changes, and poor eyesight increases the risk of accidents. Have your vision checked regularly.

Personal Safety

- Sensitivity to alcohol increases with age and can interact with some medications to affect balance and coordination
- Good nutrition is important for bones and health. Dehydration can cause weakness.
- Ask your doctor about osteoporosis and any treatment, if needed.
- Get up slowly from bed or chair, and use a cane or walker if needed.
- Shoes should give good support with thin, non-slip soles.
- Don't climb on chairs or ladders. Keep things within easy reach.

Medication review

Drugs and combinations of drugs can cause dizziness, loss of balance and risk of falling. Have your health care provider or pharmacist routinely review all your medications, even non-prescriptions.

WATCH YOUR STEP!

What You Can Do To Prevent Falls and Injury

EXERCISE

HOME SAFETY

VISION CHECK

PERSONAL SAFETY

MEDICATION REVIEW