



### FALL PREVENTION CLINIC

790 College Parkway  
Colchester, VT 05446

### HOURS

Monday – Friday  
8 am – 5 pm

### PHONE

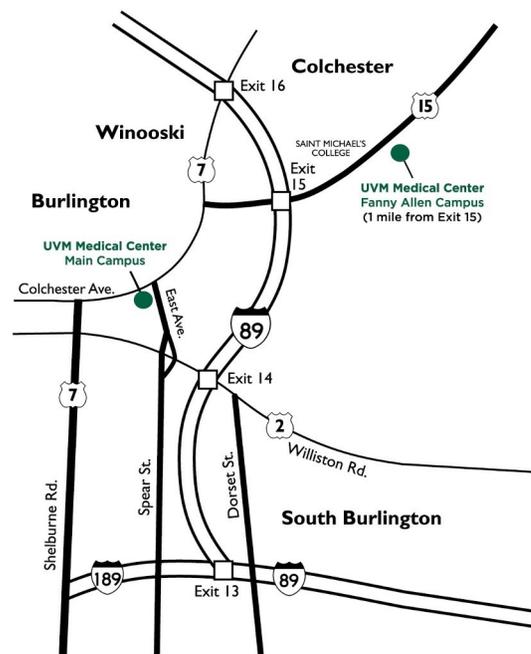
(802) 847-1902

### FAX

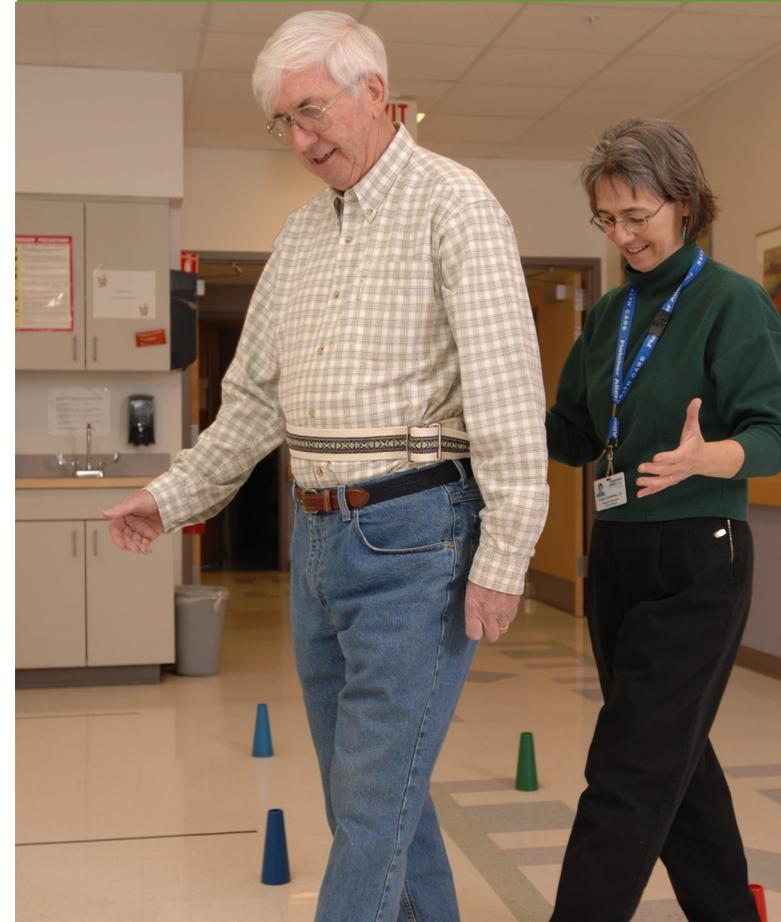
(802) 847-6943

### ONLINE

[UVMHealth.org/MedCenterFalls](http://UVMHealth.org/MedCenterFalls)



## REHABILITATION THERAPY



## Did you know?

- Falls are the leading cause of injury among older adults.
- One out of every three adults over the age of 65 falls each year.
- More than 95% of hip fractures among adults over age 65 are caused by falls.
- Research shows that treatment based on a comprehensive fall risk assessment is the best way to reduce risks of falling

## Fall Prevention Clinic

Learn how to prevent falls



[UVMHealth.org/MedCenter](http://UVMHealth.org/MedCenter)

THE  
University of Vermont  
MEDICAL CENTER



## Questions & Answers

### WHAT IS THE FALL PREVENTION CLINIC?

The Fall Prevention Clinic is a service which was developed by the University of Vermont Medical Center's Rehabilitation Therapy Center and Community Health Improvement in collaboration with UVM Medical Center Elder Care Services. The clinic provides a comprehensive fall risk assessment and treatment for patients who have fallen or who are at risk for falling.

### HOW WILL THE CLINIC HELP ME?

Falls are not a normal part of aging. The clinic is designed to help you to avoid falls in the future. Falls can get more serious over time, but the risks can be reduced by working on all the possible causes.

### WHAT SIGNS SHOULD I LOOK FOR TO SEE IF I'M AT RISK FOR FALLING?

- If you cannot get out of a chair without using your hands for support
- If you cannot balance on one leg for at least 5 seconds without holding onto something
- If you have fallen before
- If you are afraid of falling
- If you have a vision impairment
- If you have problems with balance
- If you have dizziness or vertigo or you experience lightheadedness when standing up

### WHAT HAPPENS AT THE CLINIC?

You will have an initial assessment with licensed professionals including a physical therapist, an occupational therapist and a nurse. They will ask about any previous falls and assess possible causes. The assessment involves:

- A complete medical history
- A physical exam
- Assessment of gait, balance, range of motion and strength
- Assessment of sensation, vision and cognitive ability
- Assessment of medication use
- Evaluation of dizziness or vertigo (if present)
- Conversation about the home environment and offer of a home safety assessment to take place at a later date

### HOW LONG DOES THE ASSESSMENT TAKE?

Plan on 3 hours for the total assessment. This can be completed over multiple appointments.

### WHAT SHOULD I BRING TO THE ASSESSMENT?

- A list of your current medications or most recent prescription printout
- The shoes you wear most often at home and in the community
- Any devices you usually use for walking such as a cane or walker
- A snack (optional) – a cafeteria and vending machines are available on site

### WHAT WILL HAPPEN AFTER MY ASSESSMENT?

If needs are identified, a treatment plan will be developed with you and your family.

### WHO WILL REVIEW MY ASSESSMENT?

We will send a copy to your primary care physician, and any other doctor that you would like to have a copy.

### HOW CAN I GET AN APPOINTMENT?

You can call for an appointment directly or ask your physician to refer you to us.

### WILL THE VISIT BE COVERED BY INSURANCE?

Fall risk assessments are covered by Medicare and most other insurance carriers. We can help you to identify insurance coverage before your appointment. Please ask us about any concerns at the time you make your appointment.

### WHERE ARE THE CLINICS LOCATED?

The clinics are located at two sites on the Fanny Allen Campus of the UVM Medical Center. The Rehabilitation Therapy Center on the ground floor of the Fanny Allen Hospital building and The Rehabilitation Therapies at the Medical Office Building located on the second floor. You will need to arrange your own transportation. If this is a problem, please call us and we will find a way to get to us.

**If you're concerned about falling, please call us to set up an appointment. Fall risk assessments are covered by Medicare and most insurance carriers.**