



Sign Up Now!

 www.meridianscity.org/fire

 (208) 888-1234

 FireEducation@meridianscity.org

Scan QR code to access our Fall
Prevention Home Assessment Form



FALL PREVENTION STRATEGIES

- Exercise regularly
- Have vision and hearing checked
- Review medications for side effects
- Remove clutter in home
- Wear proper footwear
- Use assistive devices such as canes and walkers when necessary



FALL PREVENTION PROGRAM





HOME ASSESSMENT

SCHEDULING A FALL PREVENTION ASSESSMENT

- Contact Meridian Fire Department to schedule an in-home Fall Prevention Home Assessment.
- To arrange for a fall risk assessment through Medicare, reach out to your healthcare provider to schedule your Welcome to Medicare or Annual Wellness Visit. It will be done as part of the health risk assessment that is included with these visits.
- If you have already had one of these visits this year and you need a more urgent evaluation – because you have had a recent fall or recurrent falls – you can schedule a routine office visit with your healthcare provider. When scheduling your appointment, explain that you have had recent fall(s) and let them know that you need a fall risk assessment.

To schedule your In-Home Fall Risk Assessment, call:
(208) 888-1234



COMMON RISK FACTORS FOR FALLS

- Muscle weakness
- Balance issues
- Vision problems
- Dizziness
- Taking more than 4 medications
- Chronic health conditions
- Lack of physical activity

