

Fall Prevention Resource Sheet

Fall Prevention Programs:

- **Name:** Otago Fall Prevention Program
Areas Served: Multiple providers in King County
Website: <https://woodland.med.unc.edu/CGECPT/CGECPT/CGECPT>

Name: King County EMS One Step Ahead program(free)
Areas Served: all of King County including unincorporated King County(Skyway and areas south of White Center)- south of SW Roxbury st), excluding Seattle Residents
Website:
<https://kingcounty.gov/depts/health/emergency-medical-services/community/fall-prevention.aspx>

Name: SAIL program in Washington/King County
Areas Served: King County
Website: <http://www.wellnessplacewenatchee.org/sail-home>

Name: A Matter of Balance
Areas Served: King County
Website: <https://soundgenerations.org/health-wellness/>

Fall prevention clinic at Harborview
325 9th Ave., 3rd Floor, Seattle, WA 98104
206.520.5000
<https://www.uwmedicine.org/locations/fall-prevention-harborview>

Home Health Companies:

- **Name:** Kline Galland Home Health
Areas Served: King County
Website: www.klinegalland.org

- **Name:** Evergreen Home Health
Areas Served: 425 899 3300
Website: www.evergreenhealth.com/
 - **Name:** Right at Home
Areas Served: King County
Website: www.rightathome.net/seattle-eastside
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Senior Centers:

- **Name:** Sound Generations
Areas Served: King County
Website: <https://soundgenerations.org/our-communities/senior-centers/>

Greenwood Senior Center : Free Equipment Closet
gsc@phinneycenter.org
206 297 0875
525 N 85th St
Seattle

Shoreline Senior Center : Free Equipment Closet
Shorelinelfpseniorcenter.org
206 365 1536
18560 1st Ave NE
Shoreline

Northshore Senior Center: Free Equipment Closet
10201 E Riverside Drive
Bothell WA 98011-3708
<http://www.northshoreseniorcenter.org/>
Phone (425) 487-2441 Fax (425) 485-4954

Kenmore Senior Center
Address: 6910 NE 170th St, Kenmore, WA 98028
Phone: (425) 489-0707

Community Based Exercise Program:

- **Name:** Sound Generations - Enhance Fitness programs
Areas Served: King County
Website: <http://www.projectenhance.org/Locations.aspx>

Name: Fall Prevention and Balance at Evergreen Hospital
Areas Served: King County

Website: <https://evergreenhealth.healthlines.org/wlp2/#!/classes/info/CW002IBP>

Personal Trainers:

- **Name:** Mud Puddle Fitness
Areas Served:
Website:
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Outpatient Physical Therapy Clinics:

- **Name:** Northwest Medical center : Easy Street
Areas Served: King County
Website:

<http://nwhospital.org/medical-services/therapies/physical-therapy-services/>

Providing:

- **Cascade Dizziness and Balance Clinic**
- **Areas Served:** Seattle, WA
- **Website:** www.cascade-dizziness.com

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Home Care Companies:

- **Name:** CayCare Elder Care and Senior Living Advisors
Areas Served: King, Pierce, Kitsap, Thurston and Snohomish

Website: www.caycare.com

Providing: Free In-Home Care Coordination

Advanced Health Care

Areas Served: South King, Pierce, Thurston, Mason, Lewis, Kitsap

Website: www.advanced-healthcare.com

Providing: licensed home health care agency providing in home care and private nursing services in home.

Adult Family Homes:

- **Name:** CayCare Elder Care and Senior Living Advisors
Areas Served: King, Pierce, Kitsap, Thurston and Snohomish
Website: www.caycare.com
Providing: Free Adult Family Home Placement Navigation
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Assisted Living or Senior Living Communities:

- **Name:** CayCare Elder Care and Senior Living Advisors
Areas Served: King, Pierce, Kitsap, Thurston and Snohomish
Website: www.caycare.com
Providing: Free Assisted Living Placement Navigation

Name: Madison House

Area Served: Kirkland

Website: <https://www.koelschseniorcommunities.com/senior-living/wa/kirkland/madison-house/>

Providing: Independent and Assisted Living

Home Repair:

Name: Rebuilding Together - South Sound - 253-238-0977

Website: <http://rebuildingtogetherss.org/>

Name: King County housing Repair Program - 206-263-9095

Website:

<https://www.kingcounty.gov/depts/community-human-services/housing/services/housing-repair.aspx>

Name: Habitat for Humanity - 206-453-2950

Website: www.habitatskc.org

1. RampArts : Joe Lewis

206-440-9999

www.rampartsnw.com

2. Adaptive

Install portable ramps

Seattle

206-762-1969

www.adaptiveinstallat

Installations.com

3. BATH PLUS

Bellevue

425-941-2258

www.bath-plus.com

Nick.sary@bath-www.Bath-plus.com

Social Services Information

Name: Asian Counseling & Referral Service- 206-695-7600

Website: www.arcs.org

Name: The Hoarding Project Leslie@thehoardingproject.org

Website: <http://thehoardingproject.org/home/>

Name: Optimal Aging -1-844-375-3172

Website: <https://www.swedish.org/services/optimal-aging>

Name: Highline Health Connections

Website:

<https://www.chifranciscan.org/highline-foundation/current-fundraising-initiatives/highline-health-connections.html>

<http://www.ashnha.com/wp-content/uploads/2017/01/Readmissions-Caroyln-Bonner.pdf>

1. Sight connection for the Blind and Partially Sighted

929 N 130th St

Seattle

Sightconnection.org

206 204 6159 / 800 458 4888

2. (206) 322-4200

TTY(206) 324-1388

www.seattlelighthouse.org

2501 S Plum St

Seattle

Senior Drug Program at SHAGs

Pharmacist comes to the following SHAGS and helps them to organize their meds

Bellweather Housing / Meridian Manor / Security House / The Haines / El Nor /

Elizabeth James / Plymouth Place

Done with Seattle Human Services and Kelly-Ross Pharmacy

206 838 4567

Name: International Drop-in Center 206-587-3735

Website: www.idicseniorcenter.org

National Directory of Home Modification and Repair Resources-*homemods.org* is provided to you as a service of the *University of Southern California Leonard Davis School of Gerontology*. The web site was originally created by the National Resource Center on Supportive Housing and Home Modification, with support from the Archstone Foundation. We are headquartered at the University of Southern California Andrus Gerontology Center in Los Angeles, California.

Search in Seattle-

<http://homemods.org/directory/nrcshhm/directory/wa.htm>

Fall Safety Devices - DME's

Name: Bridge Ministries(Bellevue) 425-885-1008

Website: <http://bridgemin.org/>

Name: Wheelchair Haven (Fife) 253-92-8971

Website: <http://www.wheelchairhaven.com/>

Comprehensive Resource list for Seniors and their families encompassing many of the above headings focusing on East King county from 2016. From City of Kirkland website. Also a heading of fall prevention on page 33 in this PDF.

<http://www.kirklandwa.gov/Assets/Parks/Parks+PDFs/East+King+County+Resource+Guide+for+Older+Adults+and+their+Families.pdf>

1. AliMed Bed alarms

www.alimed.com

1-800-225-2610

2. Sammons Preston

www.sammonspreston.com

1-800-323-5547

3. Alzheimer's Store

www.alzstore.com

1-800-752-3238

Bridge Ministries

12356 Northup Wy#103

Bellevue

425-885-1006

Vision Resources

Dr. Nancy Torgerson

Specializes in vision related disorders in diagnosis and treatment

<https://alderwoodvisiontherapy.com/>

Sight Connection

Enhancing the ability of people with vision loss to lead active independent lives.

<http://www.sightconnection.org>

Alternate fall prevention websites nationally

Stop falls network USC-

<http://stopfalls.org/>

CDC website with STEADI toolkit

<https://www.cdc.gov/homeandrecreationalafety/falls/index.html>

National council on aging

<https://www.ncoa.org/healthy-aging/falls-prevention/>

National Institute of Health

<https://www.nia.nih.gov/health/prevent-falls-and-fractures>

San Mateo Fall Prevention Coalition

<http://www.smcfallprevention.org/>

