

Other Fall Prevention Resources

Description: A variety of actions to help reduce the number of accidental falls suffered by older people. Falls and fall related injuries are among the most serious and common medical problems experienced by older adults. Nearly one-third of older persons fall each year, and half of them fall more than once.

Resource	Contact E-mail	Address	Phone	Description of FP Services	Website
A-1 Hearing Centers	ksoggins@a1hearing.com	2934 Lincoln Ave San Diego, Ca 92101 & 1132 San Marino Dr. #206 San Marcos, Ca 92078	(619)283-8400 & (760) 632-8000	We provide hearing tests that can alert you to problems that may affect balance and lead to a fall. We have been in business since 1935 and we are the only hearing center to be honored by the BBB. We have two office locations plus we provide in home visits.	www.a1hearing.com
A Place for Mom	mitchella@aplaceformom.com	San Diego County Options available nationwide as well	(760) 262-7464	"A Place for Mom" offers free senior care. It is a referral company with housing resources.	http://www.aplaceformom.com
Aging & Independence Services		5560 Overland Ave. San Diego, Ca.	(858) 694-3900	Aging and Independence Services provides over 30 programs for seniors and disabled adults including protection and advocacy, health independence, home-based services, enrichment and caregiver services. We are part of the County of San Diego Health and Human Services.	www.ais-sd.com
Best Hearing San Diego a Division of Balance & Hearing Specialty group, Inc		161 Thunder Dr. Suite 104 Vista, Ca. 92083	(760) 889- 8582	We offer a full range of specialized services for hearing loss, tinnitus, auditory processing disorders and vertigo. We will work with you to find the right hearing care solution that will fit your lifestyle. We provide diagnostic evaluation, education, and rehabilitation tools. We work hard to make hearing easy.	https://www.besthearingsandiego.com/
Balance for Every Body (Book)		PO Box 230049 Encinitas, Ca 92023	(760) 889-1502	This is an evidence-based fall prevention book in large print. It's step-by-step book that focuses on issues related to balance and identifies key points to safety and it takes the guesswork out of selecting the right exercise. The program is designed for seniors with different levels of physical ability. For those people who would like to practice yoga but are unsure, this book shows effective poses derived from traditional postures.	https://www.amazon.com/Balance-Every-Body-Kevin-Brown/dp/0615267610/ref=cm_cr_arp_d_pdt_img_top?ie=UTF8
Braille Institute		4555 Executive Dr. San Diego, CA 92121	(858) 452-1111	Braille Institute offers a wide array of programs and services designed to help people with vision loss. We are privately funded and all of our services are completely free to the public. We have 5 Regional Centers and the more than 220 Outreach locations throughout Southern California for adults, young adults, youth and children. We also have a fleet of Mobile Solutions vans that travel throughout the southland bringing services to your community.	http://www.brailleinstitute.org/sandiego/
Brain Fit Now!		Workshops are also offered in Carlsbad, Mission Valley, and Sorrento Valley.	(619) 742-3368	"Brain Fit Now!" is a brain health education program for adults age 60 and over. We offer classes that are packed with information, resources, and tips on brain health. Join us on our mission to educate 20,000 adults age 60 and over on how to reduce risk factors for Alzheimer's disease by 2020.	http://www.brainfitnow.com/
CareTrain Inc.		16787 Bernardo Center Dr. Suite San Diego, Ca 92198	(858) 487-7763	We offer fall prevention training CE courses for professionals. These courses are for Nursing Assistants, Residential Care Facility Administrators, Skilled Nursing Personnel, Registered Nurses, and for anyone working in home health. We also provide training to caregivers, training includes caregiving fall prevention tips.	www.caretrain.com
Centinela Senior Solutions		8064 Allison Avenue #92 La Mesa, Ca 91944	(619) 797- 6830	Centinela Senior Solutions offers free home assessment tools for caregivers. It is an organization that guides caregivers through the process of evaluating and making decisions about senior care and living arrangements. We also provide conflict resolution and long-distance oversight services.	www.centinelaseniorsolutions.com
Eldercare Directory Info line			211	Eldercare provides resources for seniors and caregivers. It's a general information line that provides access to social services, healthcare, and financial and legal support.	http://sd.sandiegouniontribune.com/guides/eldercare/
ElderHelp	info@elderhelpofsandiego.org	3860 Calle Fortunada Ste 101 San Diego, CA 92123	(619) 284- 9281	Elderhelp provides services for seniors age 60 and older. These services include home safety inspections, minor home modifications, care coordination, transportation, in-home help, and shared house keeping. All services are offered on a donation basis.	www.elderhelpofsandiego.org
Elder Law & Advocacy / HICAP		5151 Murphy Canyon Road #100, San Diego, CA 92123	(858) 565-1392 (800) 434-0222	Elder Law and Advocacy offers free Medicare counseling services and free legal services for seniors 60 years and older. It is staffed with trained counselors who can give you the information you need to make an informed decision about your healthcare choices. All HICAP counselors are registered with the California Department of Aging and we provide unbiased, impartial information and counseling. We also provide counseling on Long Term Care Insurance Plans and can recommend programs that can help pay for premiums, medications, and medical care costs. We offer choices for Medi-Cal and Medicare dual beneficiaries.	http://seniorlaw-sd.org/
Elder Answers	contact@elder-answers.com	PO Box 230861 Encinitas, CA 92023	(619) 538-9155	We are a senior care advising and referral service. Our services are free and we personally assess individual care needs. We assess the type of care required, type of environment desired, timing of needed services, budget/financing, preferred location and specific family preferences.	http://www.elder-answers.com/

Engage Life Care	alesia@engagelifecare.com	2674 Gateway Road Suite 105-208 Carlsbad, Ca. 92009	(760)990-3001	Aging life care management	www.engagelifecare.com
Go4Life				Go4Life provides fall prevention tips and gives fitness ideas sponsored the National Institute on Aging.	https://go4life.nia.nih.gov/tip-sheets/preventing-falls
IKOR-Life Management for Seniors and Individuals with Disabilities	patrick.hyde@ikorglobal.com	16870 West Bernardo Drive Suite 400 San Diego, Ca. 92127	(877) 449-4567	An experienced RN Advocate will visit you at home and do a complete assessment of your needs and living environment. We will help you build a Life Plan to create a safe environment that provides the best quality of life possible.	https://ikorglobal.com/
Innovative Healthcare Consultants	info@innovativehc.com	746 S. Main Ave. Ste C Fallbrook, Ca. 92028	(760) 731-1334 Toll free (877) 731-1442	Our RN's are certified care managers specializing in caring for older adults. We start with a comprehensive assessment including: a fall assessment, medication management, home safety, cognitive assessment and medical review. We offer referrals to PT/OT/ST, exercise specialists, DME, dietary, home health agency, wound care, legal and financial services, and home modification services. We assist with hospital and SNF discharges. "Personal Care Services" are available 24/7 to assist with all ADL's and IADL's, meal preparation, medication reminders, light housekeeping, grocery shopping/errands, and transportation, dementia care and companion care. We are CAHSAH certified and accept Long Term Care insurance. We have over 20 years of experience in elder care and long term care arrangements.	http://www.innovativehc.com/
Jacobs & Cushman San Diego Food Bank		9850 Distribution Ave, San Diego, CA 92121	(858) 527-1419	Topics covered: Nutrition, CalFresh and our Commodity Supplemental Food Program for seniors.	www.sandiegofoodbank.org
Jan Ferree, MA - Trauma and Burn Prevention Coordinator UC San Diego Health System, Division of Trauma, Surgical Critical Care, Burns, and Acute Care Surgery		200 W. Arbor. Dr. MC 8896 San Diego, CA 92103-8896	(858) 337-5461 cell (619) 471-3342 messages	Home Safety Makeover in a Day is a multigenerational home safety video developed and funded by the Trauma Research and Education Foundation (TREF). It's a collaboration of all six trauma centers in San Diego County. In this video, Emmy winner John Weisbarth, former Padres announcer go room by room in a typical home identifying potential safety hazards, and demonstrating easy and effective ways to make modifications to prevent falls, reduce injuries to children, and increase safety for the whole family.	https://player.vimeo.com/video/43562375?title=0&byline=0&portrait=0
Jewish Family Services		8804 Balboa Avenue San Diego, CA 92123	(858) 637-3000	At Jewish Family Service, we understand, honor, and respect the aging process. We are dedicated to ensuring older adults live a safe, active, and healthy life. Our many programs allow older adults to maintain their independence throughout the aging process. We offer exercise programs, a Fix-It Program, and community referral information.	www.jfssd.org
Judi Bonilla		5205 Avenida Encinas Suite A Encinitas, Ca. 92008	(619) 742-3368	"We Get Around!" is an active senior transportation program for adults age 60 and older. Our goal is to keep adults independent and physically active by implementing innovative training classes. Participants learn how to plan their trips, read schedules, and how to pay fares. Individuals learn how to use accessibility features and safety tips. Other services include senior transportation planning. Our comprehensive assessment analyzes and develops a network of services to support aging without the need to drive a vehicle.	http://judibonilla.com/
Poway Adult Day Health Care Center	kathryn.holt@powayadhc.com	12250 Crosthwaite Circle Poway Ca 92064	(858) 748- 5044	Poway Adult Day Health Care is a licensed health care facility that provides daily exercises designed by a physical therapist. We also provide nurse supervision and occupational therapy which enhance mobility and ambulation. Participants must be enrolled and approved for service before becoming eligible for services.	http://www.powayadhc.com/
ReVisions Resources	Liliane@ReVisionsResources.org	P. O. Box 600751 San Diego, CA 92108	no phone # available	ReVisions Resources is a 501(c)3 nonprofit agency that provides resources and solutions for aging individuals. ReVisions Resources provides access to these services through educational resources, housing, technology, and public awareness campaigns. More than 1,000,000 people have benefited from housing and educational programs launched by ReVisions Resources. Our goal is to design and understand home health needs as we age by reducing the risk for falls.	http://www.revisionsresources.org/
San Diego Center for the Blind and Vision Impaired		5922 El Cajon Blvd San Diego Ca 92115	(619) 583- 1542 ext 120	Is vision loss affecting your loved one's ability to travel safely and independently outside the home? If your friend or family member has difficulty navigating curbs, ramps and stairs safely and confidently, the San Diego Center for the Blind and Vision Impaired can help. People with vision loss have a higher risk of falling and often times experience balance and depth perception problems. The Center offers orientation and mobility training for individuals with vision loss. Individuals who are trained are able to decrease their risk for falls, have confidence, and have strategies and techniques that enable them to travel safely outside of the home.	www.sdcb.org
San Diego Chiropractic		8312 Lake Murray Blvd, Suite 0 San Diego, CA 92119	(619) 464-8181	Provides treatment of musculoskeletal problems.If you would like to stay informed about modern chiropractic care or if you want to start receiving free articles about health and wellness news, please subscribe to our bi-weekly newsletter, even if you are not a patient.	www.sandiegochiropractic.net

San Diego Community College Continuing Education		7350 Armstrong Place, San Diego, CA 92111	(619) 388-1950	San Diego Continuing Education offers free classes for those 55 and over. We focus on Wellness and Fall Prevention. Some of our services include: Feeling Fit and Healthy, Walk Your Way to Health, Health and Wellness Through Tai Chi, Stay Strong, Tall for Health, Health and Wellness for the Aging Process, and Health Education/Brain Fitness.	http://www.sdce.edu/
Southern Caregiver Resource Center	scrc@caregivercenter.org	3675 Ruffin Rd., Suite 230 San Diego, CA 92123	(858) 268-4432	Our non-profit organization provides educational classes for identifying fall risk trouble spots in the home. We specialize in helping those who care for others. Southern Caregiver Resource Center (SCRC) offers services to family caregivers with chronic and disabling conditions or diseases. We have a team of highly-qualified, professionals who support families through a full	https://caregivercenter.org/services/
Southern Indian Health Council, Inc		4058 Willows Road Alpine, CA 91901	(619) 445-1188	We have public health nurses who assess patients for home safety within the home. These assessments include fall prevention exercises conducted at a monthly senior lunch.	https://www.ihc.gov/california/index.cfm/health-programs/southern-california/southern-indian-health-council-inc-alpine/
Tri City Medical Center		4002 Vista Way Oceanside Ca 92056	(760) 724- 8411	Tri-City Medical Center offers an array of medical services, including physical therapy, and fall prevention programs. Our programs include a "Stepping On" 9-session program, a Parkinsons group class, a Stroke Group class, and a Vestibular program class; and we have one of the most advanced gyms in San Diego County with onsite outpatient physical therapy services available.	www.tricitymed.org
UC San Diego Health System/Trauma Prevention		200 W. Arbor. MC 8896 San Diego, CA 92103	(619) 471-3342	The expert clinicians, researchers, and program developers at UC San Diego's Trauma Center and their Injury Epidemiology Prevention and Research Center (IEPRC) are dedicated to preventing trauma-related injuries and deaths. As part of the mandated injury prevention component of a Level I Trauma Center, the Trauma Chief, Trauma Program Manager and Trauma Program Coordinator provide leadership and the coordinated community involvement so vital in trauma prevention. We provide inpatient assessments, education, and referrals programs for preventative services.	http://trauma.ucsd.edu
UCSD Alzheimer's Caregiver Study		Office: 9500 Gilman Drive, San Diego CA (However, appointments are all conducted in participants' home)	(858)-657-7000	The Caregiver Study is an NIH-funded program focusing on older adults caring for a spouse with dementia in the home. Participants receive free medical assessments and counseling.	https://healthsciences.ucsd.edu/som/psychiatry/research/Alzcare/Pages/default.aspx
UC San Diego Center for Healthy Aging and Stein Institute for Research on Aging.		140 Arbor Drive San Diego, CA 92103	(619) 543-6788	Dr. Julie Wetherell and colleagues at UCSD are conducting a research study to develop a program that reduces falls in older adults. This program is delivered in the home, free of charge, and includes information about how to prevent falls and other techniques for reducing falls and concerns about falling.	https://healthsciences.ucsd.edu/research/aging/research/Pages/Participate-in-Research.aspx