

# FALL PREVENTION

## At-A-Glance Options At Kaiser Permanente In Santa Clara.

### IN-PERSON CLASSES

<b>Fall Prevention Class</b>	One session class. Learn about the causes of falls, at home safety tips, and exercises to improve strength, balance, and coordination.	Health Education 408-851-3800
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### ONLINE RESOURCES

<b>Prevent Fractures</b>	Visit KP's Prevent Fractures webpage to learn about Osteoporosis and Osteopenia. Find out how to be screened for Osteoporosis and learn about the key nutrients for bone health. Find ways to keep your home free from common fall hazards and learn how to reduce your risk of falling.	<a href="http://kpdoc.org/preventfractures">http://kpdoc.org/preventfractures</a>
<b>Preventing Falls</b>	Find out the main causes for falls and what you can do to better prevent them.	<a href="http://kp.org/video">kp.org/video</a>
<b>Fitness: Exercise Lite</b> <b>Fitness: Exercise Smart</b> <b>Fitness: Walking for Health</b>	Free podcasts that you can download to an mp3 player or listen to online.	<a href="http://kp.org/listen">kp.org/listen</a>
<b>My Doctor Online</b>	Online resources, videos and downloadable materials. Type in keywords such as back pain, fracture prevention, or fall prevention to find information and tools you need to learn more and make lasting health changes.	<a href="http://kp.org/mydoctor">kp.org/mydoctor</a>

### MEDICATION CONSULTATION

<b>Medication Education Services</b>	Learn more about your medications by scheduling a FREE medication consultation. The clinical pharmacist will review each prescription and over-the counter medication and answer medication related questions.	1-408-851-3886
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### PRODUCTS FOR PURCHASE

<b>Health Education Department</b>	Items available for sale in the Health Education Center are: Inflatable Back Pillow, Kinesio Tape, Shoulder Pulley, Foam Roller (6x36), Elbow Band, Hand Putty, Cold Packs, Exercise Band (latex free), Thera Cane, and Joint Kits.	Health Education Department 182
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### COMMUNITY RESOURCES

<b>California Phones</b>	Free specialized phones and accessories that make it easier to hear, dial, and call. To be eligible, you must live in California, have telephone service, and your doctor approves your need.	1-800-806-1191 <a href="http://californiaphones.org">californiaphones.org</a>
<b>Rebuilding Together Silicon Valley</b>	Provides critical home repair and modification services to those in need at no cost. Ask about their Safe At Home program.	1-408-578-9519 <a href="http://rebuildingtogethersv.org">rebuildingtogethersv.org</a>