

Keeping You Safe From Falls

**1ST & 3RD
WEDNESDAYS**

**JULY, AUGUST
& SEPTEMBER**

**Call
651-565-2633**

Wabasha County Senior Team includes representation from: ACE Brain Fitness, Elder Network, Three Rivers Community Action, Saint Elizabeth's Medical Center, Southeast Minnesota Area Agency on Aging, Wabasha Ambulance, Wabasha County Public Health, Wabasha County Statewide Health Improvement Partnership, United Way of Wabasha County and community citizens.

This is a Wabasha County SHIP funded project.

FREE Home Safety Checks available

Falls are a key reason why older people lose their independence. Does your home offer a safe environment, free from hazards that could increase your risk of falling?

The Wabasha County Senior Action Team is pleased to invite you to participate in a pilot project that is designed to help you identify ways to make your home safer so you can... **Stay independent. Enjoy peace of mind. Protect your health.**

Home Safety Checks are conducted by Wabasha Ambulance EMTs. They include; a walk-through of your home and entry ways, identification of safety recommendations, review of what to do in an emergency and an optional blood pressure check. Individuals also receive a free home safety kit.

Pilot Home Safety Checks:

Months of July, August and September

First and Third Wednesdays of each month

Between hours of 9 a.m. and 3 p.m.

Duration of 45-60 minutes

Home Safety Checks are offered as part of Wabasha County's senior health fall prevention project and an extension of the Matter of Balance educational series that provides participants with resources to help reduce the risk of falls.

To schedule an appointment, call Wabasha Ambulance at **651-565-2633**.

