



SENIOR LIVING
HEALTHPRO HERITAGE

Defying Gravity

Falls & Balance Programming – Improving Residents' Balance and Safety, Keeping Them on the Move, and Remaining Fall Free!

Research shows that one in four Americans age 65+ experience a fall each year.

We are committed to Defying Gravity, the falls and balance program to help residents attain and maintain the highest level of motor control to ensure good balance and reduce the overall risk of falls.

This approach utilizes a risk assessment to identify potential areas of concern, focuses on the treatment of these deficits, and offers solutions for meaningful programming to sustain residents' health and wellness.

It's very important that residents understand risk factors in order to remain falls free!

THERAPY DRIVEN WITH IMPACT DEFYING GRAVITY PROGRAM:



Uses evidence-based tools to identify risks



Investigates root cause of each fall



Provides solutions for fall risk factors



Works with the community so needs are met



Establishes personal goals for growth



Provides education & promotes engagement

IN COLLABORATION WITH RISE SENIOR LIVING