

Safe Strides ... Helping To Keep You Moving When Health Issues Slow You Down

Safe Strides, Program Overview:

Safe Strides is Gentiva's unique, home-based fall prevention program. Our multidisciplinary approach enables us to perform a thorough assessment of a patient's vestibular, visual, somatosensory and musculoskeletal systems to determine the factors contributing to an individual's fall risk.

Then we devise a plan of care that can include skilled nursing, physical therapy, and occupational therapy to address the patient's specific needs. The result is a dramatic reduction in fall risk, helping patients age in place and remain independent.

How our program is different:

- Multidisciplinary evaluation that gets to the root of the problem.
- Evidence-based protocols and outcomes.
- Specially credentialed clinicians.

Benefits:

- Reduced hospitalizations and emergency room visits with reduction in fall risk.
- Improved physician and patient outcomes.
- Increased patient safety and mobility.

Common symptoms that increase fall risk:

- Dizziness or Vertigo
- Poor vision
- Multiple medications
- History of falls
- Neuropathy/muscle weakness
- Difficulty walking

Common diagnosis that may increase fall risk:

- COPD/respiratory issues
- Diabetes
- Heart failure
- Hypertension
- Arthritis
- Incontinence/UTI

For more information, call Carrie Budd, PT, GCS at 1-402-434-8081 or visit Gentiva.com