

Is the Falls Prevention Program right for you?

- 50 years of age or older?
- Had a fall or a near fall?
- Afraid of falling?
- Have a chronic health condition?
- Have difficulty getting around?
- Have safety concerns at home?
- Need grab bars in your bathroom?
- Want to prevent falls?
- Want to stay independent?

If you answered YES to any of these questions or you would like more information about our programs, please contact:

519.997.2823 ext. 341
PreventFalls@wechc.org

Windsor Essex Community Health Centre
Centre de santé communautaire de Windsor Essex

weCHC
Supporting the Vulnerable
Soutien aux personnes vulnérables

FALLS PREVENTION PROGRAM

Pickwick Plaza
7621 Tecumseh Rd East
Windsor, ON, N8T 3H1

Phone: 519-997-2823 ext. 341

Fax: 519-948-7700

Email: PreventFalls@wechc.org
www.wechc.org

Did you know?

Our programs and services are at no cost to you and you do not need a doctor's referral!

Supported by:
Avec l'appui de :



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FALLS PREVENTION PROGRAM

In-home and community-based programs, education, and support to help you stay safe and independent at home

www.wechc.org

ABOUT US

As a Community Health Centre, our mission is to support the health and wellness of our vulnerable population in everything we do.

Under the Chronic Disease Management Program, we offer falls prevention services for clients living with chronic diseases such as: Stroke, Respiratory Disease, Diabetes, Arthritis, MS, Parkinson's, Chronic Pain, Obesity, Heart Disease, etc.

Our goals are to prevent falls, reduce hospital visits and fall-related injuries, as well as help individuals live safe and independent at home.



FALLS PREVENTION CLINICS

- Monthly clinics held across Windsor-Essex County
- Quick screening of your vision, sensation, strength, and balance
- Falls risk score
- Personalized fall prevention plan
- Education, support, and connection to other services and community resources



OCCUPATIONAL THERAPY HOME SAFETY & GRAB BAR PROGRAM

- Home visit by a Registered Occupational Therapist (OT) — OTs ask questions and observe how you manage at home
- Recommendations for home safety, falls prevention, and/or equipment
- If needed, up to 3 grab bars can be professionally installed at no cost to you
- Education, support, and connection to other services and community resources
- Follow-up to ensure your safety and satisfaction