

Are you concerned that an elderly family member may be at a risk for falling?

Are YOU concerned about falling?

Join other family caregivers and seniors at this free event



www.caregivercoalitionsd.org

THE CAREGIVER COALITION OF SAN DIEGO, IN COLLABORATION WITH THE FALL PREVENTION TASK FORCE, PRESENTS:

Standing Together to Prevent Falls

Friday, September 28th
8:30am to 1:00pm

First United Methodist Church
— Linder Hall —
2111 Camino Del Rio South
San Diego, CA 92108

To register please call
1 (800) 827-4277 or visit
www.sharp.com

Free onsite care for your loved one is available; Provided by: *Love 2 Live Care*
Please call to register.



Continental Breakfast will be Provided

Educational Presentations,
Balance Screenings,
Giveaways and Resource Booths

www.CaregiverCoalitionSD.org



www.SanDiegoFallPrevention.org



Standing Together To Prevent Falls



PROGRAM

- 8:30-9:00 **Breakfast and Resource Fair**
- 9:00-9:10 **Welcoming and Introduction of Sponsors**
- 9:10-9:20 **Partnering with your Doctor to Prevent Falls**
Kristen Smith, Aging & Independence Services (AIS)
- 9:20-9:40 **Lighten Up: Preventing Falls with Proper Lighting**
Barbara Runco, San Diego Center for the Blind
- 9:45-10:15 **Balance and Body Mechanics**
Kristin Schulz, PT, MPT, GCS Sharp Grossmont Rehabilitation
- 10:20-10:40 **Break and Resource Fair**
- 10:45-11:15 **Stay Balanced: The Importance of Exercise**
Gretchen Vurbeff; Exercise Physiologist, Feeling Fit/AIS
- 11:15-11:25 **Mobility Equipment Loaner Programs**
Dorothy Howard; Parish Nurse, First United Methodist Church
Karen Jensen, Parkinson's Association of San Diego
- 11:30-12:00 **Home Safety Tips**
Melissa Dennison, Jewish Family Service
- 12:00-12:30 **Addressing Your Concerns: Panel of Experts**
- 12:30-12:40 **Closing Remarks**
- 12:45-1:00 **Resource Fair**

A Special Thanks to Our Sponsors

A1 Hearing Aid Centers, Alert San Diego, Aging & Independence Services, At Home Care Solution, Elder Care Guides, Elder Care Law Firm, ElderHelp of San Diego, First United Methodist Church, GSA Mobility Solutions, Heritage Senior Care, HICAP/Elder Law & Advocacy, Humana, In Touch at Home, Jewish Family Service of San Diego, Love 2 Live Care, North Coast Home Health Products, Parkinson's Association of San Diego, Plaza Village Senior Living, San Diego Center for the Blind, San Diego Fall Prevention Task Force, Sharp HospiceCare, Sharp Senior Resource Centers, Silver Age Yoga, Southern Caregiver Resource Center, Southwest Lifeline, St. Paul's PACE, UCSD Falling Study, and UPAC EMASS

For information on upcoming free events, please visit our website at:



www.CaregiverCoalitionSD.org

