

STEADY STEPS

Fall Prevention Program

OUR GOALS ARE TO HELP YOU

Understand your fall risk

Avoid preventable falls

Safely enjoy your quality of life in your home

Reduce hospitalizations and ER visits

Peoples Home Health Steady Steps in-home program provides a comprehensive, multidisciplinary approach to treating patients with balance and gait issues.

The program reduces the frequency of falls, injury and hospitalization by providing education regarding home safety, environmental modification, medication management, and therapy for balance and strengthening.



PROGRAM BENEFITS

- ✓ Therapies are provided in the comfort and privacy of your own home.
- ✓ Work one-on-one with your therapist – at your own individual pace.
- ✓ Fall prevention and home safety education are a primary focus of our in-home balance and gait program. A home emergency medical alarm is included for those who qualify.
- ✓ Ways to set up your environment to promote independence.
- ✓ Specially trained therapists are available to address balance issues.
- ✓ Custom home exercise program to improve strength and endurance.
- ✓ Your goals are customized for your individual needs, such as stair walking and outside ambulation.
- ✓ Nursing visits are coordinated when needed.
- ✓ Coordination to out-patient services after completion of home health services, if needed.

Let us help you or your loved one live their best quality of life by talking to your doctor today and scheduling an evaluation with Peoples Home Health.



DEYTA
ELEVATING YOUR SUCCESS

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