



Fall Prevention and Home Safety Resources in Meridian, Idaho

1) Staying Active and Engaged

-The following locations offer “Fit and Fall Proof” Classes. For more information on locations, please visit Central District Health at

<https://cdh.idaho.gov/health/prevention-programs/fit-and-fall-proof-program/>

Or call them, at (208)-327-8591

Location:	Address:	Time:
Bri at the Village	2233 N Records Way	10:00am Mon/Thurs
Cadence of Meridian at Bainbridge	3720 N. Sunny Cove St.	10:00am Mon/Fri
Eagle Senior Citizen Center	312 E. State Street	9:00am Mon/Wed/Fri
Holy Apostles Church	6300 N. Meridian Road	9:30am Mon/Wes
Meridian Library	1326 W. Cherry Lane	9:30am Mon/Thurs 10:45am Mon/Thurs
Meridian Senior Center	1920 N. Records Way	9:00am Tue/Thurs 10:00am Tue/Thurs
Meridian United Methodist Church	235 E. Pine Ave	10:45am Mon-Thurs
Star- The River House	960 S. Main Street	10:30am Mon/Wed/Fri
Tree City Church of the Nazarene	3852 N. Eagle Road	10:00am Tue/Thurs
Ten Mile Community Church	4440 E Columbia Rd.	9:30am Tue/Thurs

Fit and Fall Proof™ is designed to help senior citizens prevent injuries and the subsequent loss of independence. Class participants learn simple exercises to

increase strength, balance and endurance, which can help prevent accidental trips and falls sometimes associated with age.

1) Staying Active and Engaged (cont.)

-Silver Sneakers®, Renew Active and Silver & Fit are health and fitness programs that are included with many Medicare Plans for adults 65+. With these insurance memberships, you can enjoy full membership access to all of the YMCA locations. To sign up, simply stop by member services at a local YMCA and present your healthcare provider ID card and the staff will be happy to get you started.

2) Home Assessment for Life Safety Hazards

-The Meridian Fire Department offers Home Safety Assessments for trip and fall hazards on a scheduled basis, free of charge. If you would like to schedule an assessment for your home, please contact us at (208) 888-1234, or you can send an email to: fireeducation@meridiancity.org

-For individuals on Medicaid, Home Safety Assessments can be provided free of charge through their Home and Community Based Services Program. For more information, please contact the Centers for Medicare and Medicaid Service at (877) 267-2323, or visit their website: <https://www.medicaid.gov/medicaid/home-community-based-services/index.html>

-Meals on Wheels has partnered with the Home Depot to address home safety issues for older adults. Factors like outdated electrical work, uneven floors and poor lighting can create an unsafe environment that places seniors at a greater risk of injury or a fall, and the ability and/or finances to make home safety modifications may be out of reach for seniors in need.

For more information on this program, please visit their website at:

<https://www.mealsonwheelsamerica.org/learn-more/research/older-adults-and-in-home-safety>

3) Ambulatory Assist Devices and Equipment

-The following organizations offer ambulatory assistance devices and related equipment at low to no-cost:

St. Vincent de Paul

(208) 853-4921

Hands for Hope

(208) 461-1473

4) Additional Resources

- CDC's Older Adult Fall Prevention <https://www.cdc.gov/falls/>
- National Council on Aging's Falls Prevention for Older Adults <https://www.ncoa.org/older-adults/health/prevention/falls-prevention>
- National Institute on Aging's Falls and Falls Prevention <https://www.nia.nih.gov/health/falls-and-falls-prevention>
- Idaho Department of Health and Welfare's Fit and Fall Proof® <https://healthandwelfare.idaho.gov/services-programs/medicaid-health/womens-health-fit-fall-quit-smoking/fit-and-fall-proof-tm>
- Stopping Elderly Accidents, Deaths, and Injuries STEADI: Older Adult Fall Prevention <https://www.cdc.gov/steady/index.html>