

Solid Ground

Fall Prevention Program



 **PRESBYTERIAN**

For questions or to schedule your Solid Ground evaluation, please call (505) 823-8350.

Testimonials

"After taking this class, I am less afraid of falling and I have learned to do things I never thought I could do."

– C.R.

"Because of this training, I now have confidence to step up on curbs."

– C.K.

"I feel so confident I know how to fall without injuring myself."

– R.R.

"I enjoyed this whole experience and think it is important for everyone to do this class."

– S.L.

What is the Solid Ground Program?

Solid Ground is a fun and challenging group therapy program to improve balance and safety to prevent falls and to teach people how to fall more safely. It is a research-based program for older adults who have fallen or have a fear of falling.

What are the benefits of the program?

Falling is a main cause of death in the elderly population. Over one third of people 65 and over fall at least once a year, mostly while walking. **Solid Ground Fall Prevention Program** is proven to decrease the risk of falls and injury.

How much does it cost? Is it covered by insurance?

This is an insurance-based program. Patients will be responsible for co-payments for therapy depending on their insurance. Twelve visits will be used for this program.

How do I get started?

- You will be tested to see if this program is right for you.
- This class is best for people >60 years old who have fallen in the past year or who are fearful of falling and who mainly walk without a cane or walker.
- To be tested for this program, schedule your **Solid Ground evaluation at: (505) 823-8350.**

When is it?

- Twice per week for five weeks, plus an intake and a follow-up assessment visit (11 visits total).
- Patients must commit to the entire program.

Where is it?

The program is at the Presbyterian Healthplex at 6301 Forest Hills Drive NE, Albuquerque, NM 87109.

What will I be doing?

Participants will work with trained physical and occupational therapists who will guide them through an obstacle course, group walking balance exercises, and safe falling techniques.