Dane County Falls Resiliency Resource Guide

wiha
Wisconsin Institute
for Healthy Aging

SafeCommunities

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Items for Falls Prevention and Where to Purchase:

Items:

1. Ankle Weights, Canes, Walking Stick and Whistles
2. Nightlight, safety rails, grab bars, non-slip mats
3. Footwear
4. Sunglasses
5. Magnifying Glass
6. Medication List (Speak with your healthcare provider and pharmacist)
7. Pill Box
8. Vitamins (Speak with your healthcare providers and pharmacist)
9. Yaktrax/ Ice Cleats
10. Winter Shoes
11. Ice Tips for Cane
12. Safety Vest
13. Flashlight

Stores:

1. Drug Stores
2. Rehabilitation Departments
3. Hardware Stores
4. Home Improvement Stores (Menards, Home Depot, Lowe's)
5. Department Stores
6. Shoe Stores (Morgan's Shoes)
7. Sporting Good Stores (Dick's)

Online:

1. Amazon
2. Online search for medical supplies
3. Fetterman Crutches (Cane)
4. ViveHealth (Cane)
5. Zappos (Footwear)

Resources (National):

Exercise:

- National Institute on Aging www.nia.nih.gov/health/exercise-Physical-activity offers exercises, motivational tips and free resources to help you get ready, start exercising and keep going

- National Council on Aging www.ncoa.org/older-adults/health/prevention/falls-prevention offers information on exercises and other activities to prevent falls

- Center for Disease Control and Prevention https://www.cdc.gov/physical-activity-basics/guidelines/older-adults.html guidance on recommended levels of exercise and benefits

Personal Alert System:

- Federal Trade Commission https://www.govinfo.gov/content/pkg/GOVPUB-FT-PURL-LPS85509/pdf/GOVPUB-FT-PURL-LPS85509.pdf

- AARP www.aarp.org/caregiving/home-care/info-2017/medic-alert-systems-options.html

Falls Prevention:

- Center for Disease Control and Prevention www.cdc.gov/falls/index.html Information on falls risks and how to prevent them

Home Safety:

- National Institute on Health
  www.nia.nih.gov/health/fall-proofing-your-home
  Additional information on falls proofing your home

- National Council on Aging
  ncoa.org/article/home-modification-tools-and-tips-to-help-prevent-falls
  Additional information on falls proofing your home

- Alternate checklist: Check for Safety: A Home Fall Checklist for Older Adults, available at: https://www.cdc.gov/steadi/pdf/steadi-brochure-checkforsafety-508.pdf

Footwear:

- The Medical Alert Buyers Guide
  https://www.medicalalertbuyersguide.org/articles/the-best-shoes-for-elderly-fall-prevention/ footwear for older adults

- American Podiatric Medical Association
  https://www.apma.org/Patients/content.cfm?ItemNumber=24483&navItemNumber=23962 Tips for healthy feet and suggestions for footwear

Vision:

- The College of Optometrists www.lookafteryoureyes.org/eye-care/falls-prevention/ Information on eye care and falls prevention

- The American Printing House for the Blind, 1-800-232-5463, www.visionaware.org Information on resources for adults with new vision loss, and low-vision services by state

Medications:

- The US Food and Drug Administration https://www.fda.gov/drugs/information-consumers-and-patients-drugs/tips-seniors Medication guide for older adults

- National Institute on Aging www.nia.nih.gov/health/safe-use-medicines-older-adults

Sleeping Better:

- National Institute on Aging www.nia.nih.gov/health/good-nights-sleep

- National Heart Lung and Blood Institute https://www.nhlbi.nih.gov/health-topics/education-and-awareness/sleep-health

- American Geriatrics Society's Health in Aging Foundation www.healthinaging.org/about-us

Mindful Courses:

- www.sane.org

- www.futurelearn.com/courses/mindfulness-wellbeing-performance

- www.hminnovations.org

Calcium, Vitamin D, and Bone Health:

- National Institute on Aging Fact sheet on Osteoporosis
  www.nia.nih.gov/health/osteoporosis

-National Institutes of Health Osteoporosis and Related Bone Diseases National Resource Center
800-624-2663 (toll-free)
202-466-4315 (TTY)
email: NIHBoneInfo@mail.nih.gov
website: www.bones.nih.gov

- National Osteoporosis Foundation
  800-231-4222
  email: info@nof.org
  website: www.nof.org

Travel Safety:

- 211 phone number Information on local health, social services, and transportation options for seniors

- Eldercare Locator
  Tel: 800-677-1116
  https://eldercare.acl.gov/Public/Index.aspx
  Directs individuals to nearest Area Agency on Aging for transit options

- AARP CarFit Program
  https://car-fit.org/
  Assistance in ensuring you have the proper fit inside your vehicle

Inclement Weather:

- The Mayo Clinic
  www.mayoclinic.org/medical-professionals/trauma/news/avoiding-the-slip-winter-fall-prevention/mac-20451039

- Rate My Treads
  www.ratemytreads.com
  Provides ratings of common brands of footwear for slip-resistance
- The National Council on Aging www.ncoa.org/article/winterize-to-prevent-falls
  Information about falls prevention during the winter

Resources (Local):

Medical Equipment:

- SSM Health Medical Equipment
  4639 Hammersley Road
  Madison, WI 53711
  (800) 924-2273
  https://www.ssmhealth.com/services/health-at-home/home-medical-equipment-in-wisconsin/medical-equipment-supplies

- UW Health Care Direct
  Home Medical Equipment and Supplies
  1345 Deming Way, Middleton, WI 53562
  (608) 203-2273
  https://www.uwhealth.org/services/uw-health-care-direct

Personal Alert Devices:

- SSM Health Voicecare (Personal Emergency Response System)
  4639 Hammersley Road
  Madison, WI 53711
  Phone: (855) 332-6882
  https://www.ssmhealth.com/health-at-home/community-health-resources/voicecare
- LifeFone Medical Alert Service
  www.lifefone.com
  1-800-331-9318

Strength & Balance Exercises:

- Safe Communities
  2352 S. Park St., Suite 302
  Madison, WI 53713
  Phone: (608) 441-3060
  www.safecommunities.org
  Go to the “Classes” page to find classes in Dane County that have been awarded the “Balance Stamp of Approval” to help you improve balance

- Madison School and Community Recreation 50+ Programs
  Phone: (608) 204-3023
  http://www.mscr.org/our-programs/50-fitness-programs

Mobility:

- UW Health Mobility and Falls Clinic
  5249 E. Terrace Dr.
  Madison, WI 53718
  Phone: (608) 265-1210

- Access to Independence
  3810 Milwaukee St.
  Madison, WI 53714
  Phone: 608-242-8484
  Email: info@accesstoind.org
  www.accesstoind.org

Home Modification Services:

- Project Home
  3841 Kipp St.
  Madison, WI 53718
  Phone: (608)246-3737
  http://www.projecthomewi.org

- Accessibility Plus
  125 Garnet Ln.
  Madison, WI 53714
  608-335-6779
  https://accessibilityplusonline.com/

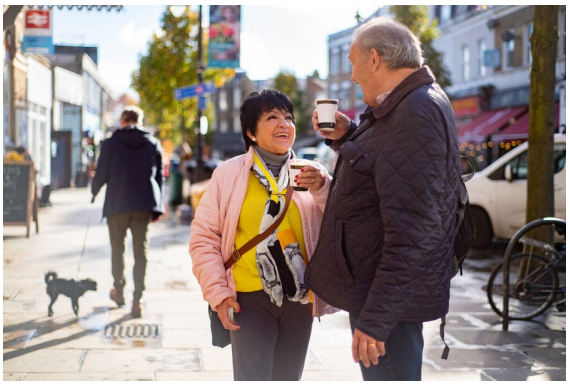
- Adaptive Remodeling Solutions
  6200 Sylvan Ln
  Monona, WI 53716
  Phone: (608)453-5980
  https://adaptiveremodelingsolutions.com/

Home Check Ins & General Support:

- Supporting Active Independent Lives (SAIL)
  Oakwood Village University Woods Campus
  6209 Mineral Point Road #210
  Madison, WI 53705
  Phone: (608)230-4321
  www.sailtoday.org

FREE Home Safety Assessments (Dane County):

- Safe At Home Program (AgeBetter Today)
  6209 Mineral Point Road, Suite 210
  Madison, WI 53705
  Phone: (608) 230-4445
  https://agebettertoday.org/safe-at-home/



Safe Footwear:

- Morgan's Shoes
  739 Hilldale Way
  Madison, WI 53705
  Phone: (608)238-3509
  https://morganshoes.com

Vision:

- Wisconsin Council of the Blind and Visually Impaired
  754 Williamson Street
  Madison, WI 53703
  Phone: (608)255-1166
  http://wcblind.org/

- Office for the Blind and Visually Impaired
  1 W. Wilson St.
  PO Box 2659
  Madison, WI 53701-2659
  Phone: (888)879-0017
  https://www.dhs.wisconsin.gov/obvi

- UW Health Eye Care Clinics
  https://www.uwhealth.org/services/eye-care

Medication Reviews:

- Medication Review Information: Pharmacy Society of Wisconsin
  701 Heartland Trail
  Madison, WI 53717
  608-827-9200
  www.pswi.org

Transportation:

- Retired Senior Volunteer Program
  For Madison or Monona residents
  Phone: (608) 441-7898
  www.rsvpdane.org/passengers

- Dane County Community Access Transportation
  Phone: (608) 242-6489
  Email: TransportationCallCenter@countyofdane.com
  www.danecountyhumanservices.org/Disability-and-Aging/Transportation

- Transportation Resources for Dane County Veterans
  https://www.rsvpdane.org/programs/vets-helping-vets/

Fire Departments (Dane County):

- https://www.countyoffice.org/madison-wi-fire-departments/

Police Departments (Dane County):

- https://www.countyoffice.org/wi-dane-county-police-department/

EMS (Dane County):

- https://em.countyofdane.com/EMS

Aging and Disability Resource Center:

- 2865 N. Sherman Ave.
  Madison, WI 53704
  Phone: 608-240-7400
  Email: ADRC@countyofdane.com
  www.daneadrc.org

Dane County Loan Closets (borrow durable medical equipment or home medical equipment at little or no cost)

Sun Prairie:

- Colonial Club Senior Activity Center
  301 Blankenheim Lane
  Sun Prairie, WI 53590
  608-837-4611
  mriedel@colonialclub.org

Belleville:

- Sugar River Senior Center
  21 S. Vine St.
  Belleville, WI 53508
  608-424-6007
  srseniorcenter@outlook.com

Mcfarland:

- McFarland Senior Outreach Services Loan Closet
  5915 Milwaukee St., PO Box 110
  McFarland, WI 53558-0110
  608-838-7117
  Outreach.dept@mcfarland.wi.us

Madison:

- NewBridge
  1625 Northport Dr., Madison
  5724 Raymond Rd., Madison
  608-512-0000

DeForest:

- Cornerstone Community Center
  505 N. Main St.
  DeForest, WI 53532
  608-846-9469
  cksobiech@deforestcenter.org

Oregon:

- Oregon Area Senior Center
  219 Park St.
  Oregon, WI 53575
  608-835-5801

Mount Horeb:

- Southwest Dane Sr Outreach
  107 N. Grove St.
  Mount Horeb, WI 53572
  608-437-6902
  swdaneoutreach@mounthorebwi.info

Fitchburg:

- Fitchburg Senior Center
  5510 E. Lacy Rd.
  Fitchburg, WI 53711
  608-270-4290

Cross Plains:

- Northwest Dane Senior Services
  1837 Bourbon Rd.
  Cross Plains, WI 53528
  608-798-6937
  nwdss@tds.org

Verona:

- Verona Senior Center
  108 Paoli St.
  Verona, WI 53593
  608-845-7471

Middleton:

- Middleton Senior Center
  7448 Hubbard Ave.
  Middleton, Wi 53562
  608-831-2373

Waunakee:

- Waunakee Senior Center
  333 South Madison St.
  Waunakee, WI 53597
  608-849-8385

Stoughton:

- Stoughton Area Senior Center
  248 W. Main St.
  Stoughton, WI 53589
  608-873-8585