



FALL PREVENTION / RECOVERY EDUCATION PROGRAM

Empowering older adults through Occupational Therapy (OT) based education and personalized strategies to prevent falls, maximize independence, and promote safe recovery.

With: Vanessa Hiciano (OT Student)

EVERY WEDNESDAY @ 11:00AM (NO SIGN UPS REQUIRED)

DATES/TOPICS:

February 19th: Home/ Outdoor Safety and Fall Hazards

February 26th: Balance, Strength, and Mobility

March 5th: Assistive Devices and Safe Mobility Techniques

March 12th: Medication Management, Vision, and Foot Health

March 19th: Mental Health, Fear of Falling and Confidence

March 26th: Energy Conservation and Fatigue Management

April 2nd: Fall Recovery and Emergency Planning



The Senior Center offers a Noon lunch (\$1.25 suggested donation) and reservations should be made at least 24 hours in advance.

OCCUPATIONAL THERAPY ASSESSMENTS/ SCREENINGS

Comprehensive 1-hour OT screenings to assess strength, coordination, fall risk, cognition, and develop a personalized action plan for safety and independence!

When: Every Thursday (PRE-REGISTRATION REQUIRED!)

Dates: February 20th, February 27th, March 6th, March 13th, March 20th, March 27th, April 3rd

Time: 1 hour slots between 8:30am- 12:30pm

Where: Conference room located in dining room



SIGN UP FOR SLOT TODAY!

FAIR LAWN SENIOR CENTER

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