



A Better Life Can
Begin **With a
Single Step**

Is Safe Strides right for you?

- Are you 65 or older?
- Are you afraid of falling?
- Have you fallen in the last year?
- Do you have difficulty walking?
- Do you need to steady yourself on furniture when you walk?
- Do you use your hands to get up out of a chair?
- Do you have throw rugs, shoes or other objects on your floor?
- Are you taking more than three prescription and/or over-the-counter medications?
- Do you have health conditions such as vision or hearing loss, dizziness, shortness of breath, foot problems or muscle weakness?

If you answered yes to two or more of these questions, Safe Strides could be for you. Speak with your physician or call us to discuss your options.

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Kindred at Home is a family of community care, personal home care, home health, palliative and hospice providers.

We accept patients for care regardless of age, race, color, national origin, religion, sex, disability, being a qualified disabled veteran, being a qualified disabled veteran of the Vietnam era, or any other category protected by law, or decisions regarding advance directives. © 2021 Kindred at Home 1900343-V

Kindred
at Home 
Our Care Matters

Safe Strides®

A Personal Approach to Balance Problems



Mrs. Delores Fritts:

A Patient's Story

The loss of mobility and confidence can seriously affect a person's life. Mrs. Fritts is a great example of that.

"I had been through a couple of years of pretty bad, pretty, pretty bad low esteem and pain ... and life just wasn't worth living, it truly wasn't. I couldn't even walk my dog, Buffy," Mrs. Fritts said.

"That's when the Safe Strides program came into my life. Now I feel like living my life again. I can actually walk Buffy. I don't know which was worth more to me – to be able to take my dog out without pain or to make something of myself again."



Do you feel dizzy or unsteady at times? Does the fear of falling keep you from enjoying life? Perhaps you've even fallen recently and kept it to yourself because you didn't want to worry your loved ones.

If you are concerned about a fall, you're not alone. Among those over 65, falls are a leading danger that can lead to broken bones, hospitalizations and even fatalities.

That's where Safe Strides comes in. This unique, home-based rehabilitation program for all eligible home health patients is revolutionizing fall prevention and is making a dramatic difference in the lives of thousands of seniors every day.

Finding the Problem's Cause

With a traditional balance dysfunction program, each patient is treated the same—with gait training and strengthening exercises. But we recognize that each patient is different. So we find the problem first. Then we devise a plan of care and address your specific needs. The result is a customized, clinical program that works because it's built around you.

How Our Balance Program Works

Safe Strides incorporates education, prevention and customized care to improve your balance and increase your independence.

A multidisciplinary team will identify the causes of your fall risk by examining the systems of your body involved in maintaining balance. Then we will work with you and your doctor to develop an individualized plan of care. Elements of a plan may include:

- Thoroughly evaluating vision, vestibular system (inner ear), balance, sensation and coordination
- Examining blood pressure and medications
- Reviewing the use of assistive devices
- Recommending exercises for balance and strength
- Assessing your living area an environment for potential problems such as fall hazards

Home May Be The Safest Place for Care

Safe Strides is delivered in the comfort and safety of your home. By coming to you, we can examine your environment to better understand and address your risks—and help you avoid the potential risks associated with crowded healthcare settings.

Affordable and Effective

Safe Strides is available for all eligible home health patients. Most of our services are covered by Medicare for those over 65. We also accept other payers and many private insurers. If you have any questions about costs, just let us know. We will be happy to discuss your situation with you and find the best option.