



Stroke Support Association presents:

REDUCE YOUR RISKS OF FALLS AFTER STROKE

Part I: Tuesday, February 25, 2020

Part II: Tuesday, March 3, 2020

10:00-10:40 AM

Stroke survivors are at high risk of falls due to loss of control over an affected arm or leg, compromised balance, and cognitive impairment. According to the American Stroke Association, "...up to 73% of stroke survivors experience a fall in the first six months after discharge home," and the threat can remain long afterward. Physical therapy is crucial, but so is learning how to prevent falls. Taking charge of fall prevention is an important part of recovery from stroke.

Topics covered include the following:

- Exploring fears of falling
 - Learning different ways to think about falls and concerns about falls
 - Actions one can take to reduce risks of falls
 - Review of common fall hazards at home
 - Exercises to improve balance and endurance
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Gretchen Phillips is a retired Social Worker with 20+ years of experience in Home Health, Hospice and Geriatrics. She now does volunteer work in Hospice, the Veterans Nursing Home, and at Stroke Support Association, where she is a support group facilitator and President of the Board. She also teaches Matter of Balance at Leisure World.