OCTOBER 2025

Tip of the Month

STAY IN THE LOOP WITH UPDATES AND ANNOUNCEMENTS!

AT A GLANCE

- This month's topic is **FALLS**!
- Reach out to **Erika** for more information

Increased Falls?

Are you experiencing increased falls? We can help!

Preventing future falls with Therapy:

A range of interventions exist to prevent falls! Therapy can help you increase gait, balance, and strength along with provide modifications to your home. Staying active with regular physical activity helps keeps your muscles strong and can help prevent bone loss and improve your balance.

Making sure trip hazards are out of the way including but not limited to:

>Removing any rugs that may bunch up or slip when walking over them

>Rearranging furniture for increased safety and ease of mobility

>Adding night light to dark hallways or corners

>Grab bars near your toilet and in your shower

Reach Out to Erika

providenceplaceop@trinityrehab.net

For questions, feedback, newsletter ideas or story contributions, email providenceplaceop@trinityrehab.net **and we'll be in touch.**