

Fergus Falls Area Senior Resources Designed for Fall Prevention

Organization	Fall Prevention Strategy	Description	Contact Name	Contact phone	Contact email
Lake Region Healthcare Wellness Hub	Education, Exercise	Matter of Balance: Reduce fall risk and fear of falling (\$30 for 8 week session)	Natalie Knutson	218-736-8451	nknutson@lrhc.org
		Arthritis Foundation Exercise Programs and Parkinsons Group Exercise classe: Proven to reduce symptoms and fatigue (\$20-25 per multi-class session)			
		Phattie Nattie's fitness classes			
		Yoga for chronic disease and mental wellness			
		Personal Training Sessions			
Fergus Falls Senior Center (\$20 per year membership)	Education, Exercise	11 pieces of fitness equipment for use on your own (suggested \$10/month for fitness equipment usage): Life fitness Circuit Series for strength training. Nu-steps, TechnoGym treadmills, TechnoGym Crossover and Schwinn Airdyne bikes. Other activities include: card and dice games, computers, discussion groups, classess, seminars, pool, snooker, quilting, greeting card recycling, trips, noon meals. Group fitness classes are offered through a cooperative agreement with the YMCA and Community Education.	Kim Shea, Diane Scott	218-736-6842	kshea@ffsenior.org
		Diane works through the YMCA and Community Education providing a service to the Senior Center and five high rises (River Bend, River View, Goldenwood, Silver Leaf and Page House). She motivates and encourages people by providing exercise classes to help them stay strong and able to do activiies of daily living. She also provides puzzles for brain exercise and occasional social gatherings.			
		Zumba Gold 2 times a week			
YMCA (membership required)	Exercise	YMCA programing and water exercise classes		218-739-4489	
Millstreet Residence	Exercise	Monday-Friday 10am televised exercise class on Peg Access TV			
Medication Therapy Management (MTM)	Medication Management	Trained pharmacists assess the client's medications to determine if it appropriate, effective, safe and reasonably convenient.	LRH Clinical Pharmacists	218-736-8199	
Right Side Up Program	Home Assessment, Balance Assessment, Medication Management, Education	Interprofessional falls prevention and education team that assesses at risk seniors in their home for medication, environment and balance issues.	OTC Public Health	218-998-8351	

Recover Health "Medication Therapy Management"	Medication Management, Home Assessment, Education	Provides in-home visits with a pharmacist, a comprehensive risk assessment by a nurse, communication with the physician, 30 days of constant contact with a nurse, and other steps depending on the clients specific condition. Clients also have access to one of our nurses in the community 24/7.	Timothy Sporre	218-321-2100	tsporre@recoverhealth.org
Community Paramedic Program	Chronic Disease Management, Home Assessment, Education	When not responding to emergencies, Community Paramedics can help people manage chronic diseases such as diabetes, high blood pressure, cholesterol, and prevent disease and illness through immunizations and screenings. They can provide information and counseling about ways to care for themselves and their families.	Ringdahl Ambulance Service	218-736-2819	
Nursing Home Short Term Stay (Broen)	Medication Management, Home Assessment, Education	Falls assessment upon admission, Medication Assessment, Home Assessment, PT, OT, Speech therapy available	Lisa Vogel	218-998-7313	lisa.vogel@lbhomes.org
Nursing Home Short Term Stay (Pioneer)	Medication Management, Home Assessment, Education	Falls assessment upon admission, Medication Assessment, Home Assessment, PT, OT, Speech therapy available	Brenda Tews	218-998-1514	brendat@pioneer-care.org
Solutions for Independent Living	Home Assessment, Home Modification Assistance	Specializes in home safety evaluations, home modification recommendations, accessibility solutions and fall prevention to allow people to live in their home longer. Assists with coordination of home modification projects if needed.	Torrey Hovland	218-329-7446	torrey@solutions4independentliving.com

Mahube-Otwa Community Action Partnership: Homemaking, Chores assistance	Home and General Care Assistance and Home Modification	Homemaking and Chore: general housekeeping, lawn care, snow removal, spring/fall cleanup, moving services (sliding fee scale). Appliance Replacement/repair: pays for 50% (up to \$300) , Money covers many different things such as gasoline bill, home repair bill, etc. Frail and elderly companionship: a onetime use application. She can also help with filling out application for SNAP (Supplemental Nutrition Assistance Programs)benefits, Living Well at Home assessments, certified navigator to work with MNSure.Frail and elderly companionship: a onetime use application.	Lauren Risbrudt	218-739-3011	irisbrudt@mahube.org
Land of the Dancing Sky Area Agency on Aging www.dancingskyaaa.org Senior Linkage Line:1-800-333-2433	Information and assistance regarding services available	Contracts for congregate and home delivered senior meals, caregiver respite and support, transportation, legal services, alzheimer's consultation, medication management, home modification, and assistance services including health insurance counseling and options counseling through the Senior Linkage Line and senior coordinators. Also leader training in evidence based programs of A Matter of Balance, Tai Ji Quan, Living Well with Chronic Conditions and Powerful Tools for Caregivers.	Mark Tysver	218-739-4617	mtwcaaa@prtcl.com
OTC Public Health Coordinator on Aging	Information and assistance with services available	Trained advocate that provides assistance to individuals over 60 years of age in OTC who are in need of services.	Nancy Voss	218-998-8340	nvoss@co.ottertail.mn.us
Transit Alternatives Otter Express	Transportation	Affordable, public, handicapped accessible transportation (\$1.50 per ride in Fergus Falls, \$2.50 within a 5 mile radius of Fergus Falls and \$1 in Parkers Prairie and Perham). Transit available in Ottertail, Wilkin and Clay counties.	Daryn Toso	218-998-3002	darynt@paiff.org
City Cab	Transportation	6am-2am. Not handicapped accessible		218-736-3520	
LRH Comprehensive Driver Rehabilitation Services	Transportation Assistance	Driver evaluations to determine if individuals with a variety of medical conditions are safe to drive. Base price of \$300 with possibility of financial assistance	Lisa Cole OTR/L, DRS	218-736-8388	