

VNA Northwest, Inc. is launching a fall prevention awareness campaign that will include a series of fall risk assessment clinics in area towns beginning this spring. The campaign and the clinics are funded by a grant from the Connecticut Collaboration for Fall Prevention, headed by Dorothy Baker, Ph.D., of Yale University's School of Medicine.

At the clinics, VNA Northwest staff members will help you determine your own risk of falling, and share with you some proven strategies for lessening that risk. The clinics will feature a presentation by Gail Atkinson, OT, one of VNA Northwest's occupational therapists. She'll describe the various risk factors that can lead to a fall in or outside of your home, and she will explain and demonstrate some safety measures and tools you can use to protect yourself from accident or injury.

Gail's presentation will be followed by the opportunity to have a review of your medications and a blood pressure check by a VNA Northwest nurse, as well as the opportunity for an individual assessment by a VNA Northwest physical therapist.

The blood pressure screening will include a postural test to determine whether you experience a drop in blood pressure when you change position from lying or sitting to standing. If this is the case, you will receive helpful information on ways to stand up safely to decrease your risk of falling.

Also at the clinic, VNA Northwest will distribute some pamphlets on fall prevention and other items you can use to stay safe in your home.