STEADI

Four things YOU can do to prevent falls:

1. **Have your healthcare provider review your medicines**
2. **Exercise to improve your balance and strength**
3. **Have your eyes and feet checked**
4. **Make your home safer**

(CDC, 2017)

Island Senior Resources

Available Resources:

- SHIBA Medicare Advising
- Medical Transportation Volunteer Services
- Medicaid In-Home Care Case Management
- Aging & Disability Resources (ADR)
- Community Education & Events
- Medical Equipment Lending Library
- Virtual Support Groups
- Nutrition Programs

Learn more at:
https://senior-resources.org/

Island Senior Resources

Contact Us

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Phone:
(360)678-7935

Website:
www.islandcountywa.gov/Health/AHC

ISLAND COUNTY EST. 1853 WASHINGTON STATE

Senior Fall Prevention

Reducing Fall Risk in Island County, WA

Did you know?

- 1 in 4 people 65 and older falls each year (CDC, 2017).
- Regionally, the Pacific Northwest includes a cluster of the highest fall rates (HIPRC, 2021).
- In 2019, WA State had the 18th-highest rate of unintentional fall-related deaths in the nation for adults 65 years and older (HIPRC, 2021).

Evidence-Based Exercise Classes Near You!

Whidbey Health Zoom SAIL Class

Where: Online
When: Tuesdays and Thursdays from 12PM-1PM or 1:15PM – 2:15PM
Cost: $40 per month
Contact: mayrob@whidbeyhealth.org or 360-914-3193

Camano Center SAIL Class

Where: 606 Arrowhead Rd, Camano Island, WA 98282
When: Mondays and Fridays at 9AM and 10AM, Wednesdays at 9AM
Cost: $5 for center members, $10 for non-members
Contact: www.camanocenter.org or 360-387-0222

Stay Active & Independent for Life (SAIL)

Learn more at:
https://www.sailfitness.org/

Soundview Center SAIL Class

Where: 432 3rd St, Langley, WA 98260
When: Mondays, Wednesdays, and Fridays from 11AM-12PM
Cost: $5 per session or $45 per month
Contact: sue@lonelakept.com or 360-331-4654

ENHANCE FITNESS

Learn more at:
https://projectenhance.org/enhancefitness/

The Center EnhanceFitness Class

Where: 51 SE Jerome St, Oak Harbor, WA 98277
When: Mondays, Wednesdays, and Fridays at 8:45AM-9:45AM and 10AM-11AM (low-impact class)
Cost: $7 drop-in fee and $35 per month (The Center membership discount available)
Contact: www.oakharbor.org/sr-svcs or (360) 279-4580