



**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/>



## Contact Us

E-Mail:

[L.Dickman@islandcountywa.gov](mailto:L.Dickman@islandcountywa.gov)

Phone:

(360)678-7935

Website:

[www.islandcountywa.gov/Health/AHC/Pages/Fall-Prevention.aspx](http://www.islandcountywa.gov/Health/AHC/Pages/Fall-Prevention.aspx)



# 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 from 12PM-1PM or 1:15PM – 2:15PM & Thursdays from 11:30AM-12:30PM or 1:15PM – 2:15PM

**Cost:** \$40 per month

**Contact:** mayrob@whidbeyhealth.org or 360-720-1860

### Soundview Center SAIL Class

**Where:** 432 3rd St, Langley, WA 98260

**When:** Mondays, Wednesdays, and Fridays from 11AM-12PM

**Cost:** \$5 per session or \$40 per month

**Contact:** llpt@lonelakept.com or 360-321-4434

\*Ask about additional class opportunities, including Tai Chi and Pilates



**Stay Active  
& Independent  
for Life (SAIL)**

**Learn more at:**

<https://www.sailfitness.org/>

### Camano Center SAIL Class

**Where:** 606 Arrowhead Rd, Camano Island, WA 98282

**When:** Mondays, Wednesdays and Fridays at 9AM and 10AM & Mondays and Wednesdays at 2PM

**Cost:** \$2 for center members, \$5 for non-members

**Contact:** [www.camanocenter.org](http://www.camanocenter.org) or 360-387-0222

\*Ask about additional class opportunities, including Weight Lifting and Pilates/Yoga



**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](http://www.oakharbor.org/sr-svcs) or (360) 279-4580

\*Ask about additional class opportunities, including Tai Chi