

Falls Prevention Resources – Wake, North Carolina

Organization	Contact Information	Exercise & Education Classes for Falls Prevention	Seeing & Hearing Services	Home Safety Modification Services	Physical Therapy Services Specializing in Balance and Aging	Medicine Review Services
STEPS for Recovery	919-535-3930	Moving For Better Balance				
Rex UNC Outpatient Rehab - Raleigh	919-784-4696					
WakeMed Occupational Therapy	919-350-7000					
Rex UNC Outpatient Rehab – Cary	919-387-3170					
WakeMed Outpatient Rehab multiple locations	919-350-7000					
Kindred at Home	(919) 881-9492					
Pivot Physical Therapy	919-322-0042					
Advance Physical Therapy	919-932-7266					
NC Baptist Aging Ministry	877-506-2226					
NC Med Assist	1-866-331-1348 toll-free					

<u>NC Services for the Blind Raleigh Division</u>	919-527-6740					
<u>Medication Therapy Management</u>	www.outcomesmtm.com					
<u>Mobile Rehab Physical Therapy Services</u>	(919) 636-2423				<i>PTs certified in Otago Falls Prevention Program</i>	
<u>Raleigh Regional Center for Deaf and Hard of Hearing</u>	Voice 919-859-8526; Video Phone 919-890-0858					
<u>Cary Senior Center</u>	919-469-4081	Tai Chi for Arthritis				
<u>Ann Gordon Center</u>	919-996-4720	Tai Chi for Arthritis				
<u>Healthtrax Fitness and Wellness</u>	919-847-2393	Tai Chi for Arthritis				
<u>Alexander Family YMCA*</u>	919-832-9622	Moving For Better Balance				
<u>Josefs Pharmacy</u>	919-212-2555					
<u>WakeMed Healthworks</u>	919-350-8602	Tai Chi				
<u>OT – Access</u>	919-846-6767					
<u>Arthritis Foundation: Walk With Ease</u>	https://www.arthritis.org/living-with-arthritis/tools-resources/walk-with-ease/	<i>Walk with Ease Program</i>				
<u>CPESN</u>	https://collaboration.cpesn.com/finder					
<u>WakeMEd Home Health</u>	919-350-7990					

*For support and information on substance abuse you may call the SAMHSA's National Helpline. It is free, confidential 24/7, 365 day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders. 1-800-662-HELP (4357).

For any questions about Falls Prevention Resources in your community please contact Lindsay Bailey, UNC Trauma Program at 984-974-2437 or Lindsay.bailey@unchealth.unc.edu.