

# OUTPATIENT REHABILITATION

## Balance Program



**ANDERSON**  
*Regional Medical Center*

According to statistics from the National Institutes of Health, more than 90 million Americans, many between the ages of 65 and 75, have experienced dizziness or balance problems. About one-third of people older than 65 fall each year. Falls are the No. 1 cause of emergency room



visits for all age groups and the leading cause of injury death in people older than age 65. Our **Balance Rehabilitation Program** uses the most advanced technology and treatment to improve the quality of life for those with balance and dizziness problems.

### Home Safety Checklist

#### Lighting

- Is the lighting adequate, especially at night?
- Are stairwells well lit?
- Is there a working flashlight in case of power failure?
- Can lights easily be turned on even before entering a dark room?

#### Trip Hazards

- Are there throw rugs in the walking path?
- Does the family pet often sleep in walking paths?
- Is the carpet in good repair without tears or fraying?
- Are there extension cords or raised door sills in the walking paths?
- Is there a clear path from the bed to the bathroom?

#### Surfaces

- Are there any surfaces that are frequently wet?
- Are steps and stairs in good repair and the appropriate rise?
- Do steps have handrails and are they in good repair?

***Anderson — for quality of life.***

*[www.andersonregional.org](http://www.andersonregional.org)*

***A physician referral is required. Call 601.553.6704.***

Most insurances accepted.