



Building Better Balance in Buncombe County – Fall Prevention Resource List

For additional resources visit wncfallpreventioncoalition.org or contact the WNC Fall Prevention Coalition @828-251-7438

PHYSICAL THERAPY SERVICES – SPECIALIZING IN BALANCE AND AGING*

Organization	Contact Information
Asheville Balance & Vestibular Center	226 Charlotte Hwy, Asheville, 28803 (828) 298-0493
CAREPARTNERS OUTPATIENT – MAIN, NORTH AND EAST CLINICS HOME HEALTH REQUIRES PHYSICIAN REFERRAL	Main location, central number will refer to North, South and East clinics: 68 Sweeten Creek Road, Asheville (828) 274-6179
CENTER FOR ORTHOPEDIC PHYSICAL THERAPY	5B Doctors Park, 417 Biltmore Ave, Asheville, (828) 255-4567
GENTIVA HOME HEALTH- SAFE STRIDES	9 Olde Eastwood Village Drive, Asheville (828) 298-1370
Mission Outpatient Rehab Clinic	534 Biltmore Avenue, Asheville (828) 213-0850
Mobile Rehab, LLC	Jennifer L. Lias MS PT OCS, 828-367-7645
Skyland Physical Therapy	1201 Bleachery Blvd., Ste. 201, Asheville (828) 277-5763
Asheville Family Fitness – Physical Therapy & Spine Center	149 New Leicester Hwy, Asheville (828) 225-3838
Western Carolina Physical Therapy	15 Jane Jacobs Rd., Suite 202, Black Mountain (828) 669-8643 226 Charlotte Hwy, Asheville, 28803 (828) 298-0493

***For insurance coverage of physical therapy services, physician prescription is needed. For Example "Physical Therapy Evaluation and Treatment for Balance Deficit and/or Gait Deficit and/or Dizziness and/or Vertigo" (as appropriate).**

HOME SAFETY

Organization	Description of Services	Contact Information
Home Instead Senior Care	Home safety assessments, fall prevention services	1293 Hendersonville Rd., Asheville, (828) 274-4406
Home Medical Alert Systems, Inc.	Link 2 Life -Personal emergency response system	Pat Whitson, (828) 231-0930
Mission Health System, Lifeline	Lifeline – personal response system	(828) 257-7204
ResCare Homecare	Personal care and other age-in-place services	Multiple sites, (828) 252-0891
SoloSecure Medical Alert Systems	Personal emergency response systems	1-855-385-SOLO (7656) , natalie@solosecure.com

PHARMACY REVIEW

Organization	Description of Services	Contact Information
Medication Therapy Management	Pharmacist provided medication reviews and counseling, covered by Medicare	www.outcomesmtm.com Type zipcode and radius in the “pharmacy finder” on the right



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VISION & HEARING SERVICES		
Organization	Description of Services	Contact Information
Division of Services for the Blind	Assistance in accessing Buncombe County Resources	April Conover, (828) 250-5657, April.Conover@buncombecounty.org
Division of Services for Deaf and Hard of Hearing	Advocacy, information, counseling, skills development and tools	12 Barbetta Drive, Asheville Voice (828) 665-8733 TTY (828) 665-8737
Lions Club	Income-based assistance for eye exams & eyewear	Asheville: Jackie Rice 828-665-2982 Black Mountain Alan Lake 828-216-5929 Candler: Bill O’Kelley 828-667-4323
Low Vision Center, Mission Hospital	Evaluation, therapy, independent living skills, etc.	240 Sardis Road, Asheville, (828) 213-4370
COMMUNITY-BASED PROGRAMS		
Title of Program	Description of Services	Contact Information
A Matter of Balance	Free 8-session addressing the fear of falling	Stephanie Stewart, Land-of-Sky Regional Council, (828) 251-7438
Asheville Movement Center	Feldenkreis – Awareness through Movement classes	4 Richmond Ave. Asheville, 28806, (828) 258-7220
Brain Injury Referrals	Resources for brain injury, balance & fall prevention	68 Sweeten Creek Road, Asheville, www.bianc.net
Council on Aging of Buncombe County	Variety of aging in place services, including home risk assessment and fall prevention resources	46 Sheffield Cr., Asheville, (828) 277-8288
Lakeview Senior Center	Free & fee-based exercise classes	1 Rhododendron Rd, Black Mountain, (828) 669-8610
Remembering When: A Fire and Fall Prevention Program	Free presentation by the Asheville Fire & Rescue	Kelley Klope, Fire Educator,(828)251-4011, klope@ashevillenc.gov
Tai Chi for Arthritis with Bob Feeser	Free, donations accepted	Bob Feeser – (828)298-2655
WNC Tai Chi for Arthritis	Series – 12 weeks fee-based classes, locations vary.	Anne Plyler (828) 253-8649, www.wnctaichiarthritis.com
Training Partners	Sure Steps-balance program	863 Merrimon Avenue, Asheville, (828) 252-0920
YMCA of WNC Silver & Fit	Fee-based classes & exercise, Membership fees vary. Health Education Programs	Asheville YMCA, 30 Woodfin Street, (828) 210-YMCA Reuter Family YMCA, 3 Town Square Blvd., (828) 651-YMCA Woodfin YMCA, 40 N. Merrimon Ave. # 101, (828) 505-3990
YMCA Tai Chi: Moving for Better Balance	Fee based. Sliding scale. 12 weeks session. Fall prevention program	Contact Diane Saccone. (828) 575-2904
YWCA – Silver Sneakers	Fee-based classes and gym	185 South French Broad Avenue Asheville, (828) 254-7206

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