



Building Better Balance in Henderson County – Fall Prevention Resource List

Additional resources available at wncfallpreventioncoalition.org

SCREENING SERVICES

Organization	Description of Services	Contact Information
UNCA Healthy Active Aging Program	Field and Computerized Screenings, free	Kathie Garbe, PhD, UNCA (828)251-6514

PHYSICAL THERAPY SERVICES*

Organization	Contact Information
CarePartners Outpatient - South Home Health requires physician referral and homebound status	Reuter Family YMCA, 3 Town Square Blvd (828) 209-0900
Gentiva Home Health – Safe Strides Home Health requires physician referral and homebound status	9 Olde Eastwood Village Blvd, (828) 298-1370
Laurel Park Medical Center (outpatient therapy)	1881 Pisgah Dr., Hendersonville (828) 697-4336
Pardee Home Health Home Health requires physician referral and homebound status	800 N Justice St. Hendersonville (828) 692- 1846
Pardee Rehab & Wellness Center (outpatient therapy)	212-B Thompson St., Hendersonville (828) 698-6774
Park Ridge Physical Therapy (outpatient therapy)	100 Hospital Dr., Hendersonville (828) 681-2162

***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
Council on Aging of Henderson County & Partnership for Independent Living	Fall risk is one component of comprehensive assessment for those eligible for case management	105 King Creek Blvd., Hendersonville (828) 692-4203, Debbie@coanc.org
Home Instead Senior Care	Companionship and non-medical personal care	1293 Hendersonville Rd. Ste. 4, (828)274-4406
Home Medical Alert Systems, Inc.	Link 2 Life -Personal emergency response system	Pat Whitson, (828) 231-0930
Housing Assistance Corporation	Home repair to eliminate health and safety hazards	602 Kangua Rd, Hendersonville (828) 692-4744 x 103
Pardee Home Health	Home fall risk with physician referral, homebound	800 N Justice St. Hendersonville (828) 692- 1846
Park Ridge Hospital Home Health	Home fall risk with physician referral, homebound	100 Hospital Dr., Hendersonville (828) 684-8501
ResCare HomeCare	Personal Care and Companionship, Personal Emergency Response System	ResCare HomeCare,(828) 252-0891
WNC Aging in Place	Home modification for fall prevention and aging	732 Jonesborough St. Hendersonville (828)692-2181

VISION SERVICES

Organization	Description of Services	Contact Information
Division of Services for the Blind	Assistance in accessing Henderson County Resources	Susan Leschak, (828) 694-6247, Susan.leschak@dhhs.nc.gov
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
Mission Hospital Low Vision Center	Evaluation, therapy, independent living skills, etc.	240 Sardis Rd Asheville, (828) 213-4370 Cheryl Mott



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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

COMMUNITY-BASED PROGRAMS

Title of Program	Description of Services	Contact Information
A Matter of Balance	Free 8-session program addressing fear of falling	Stephanie Stewart, Land-of-Sky Regional Council (828) 251-7438
Brain Injury Referrals	Resources for brain injury, balance & fall prevention	68 Sweeten Creek Road, Asheville, www.bianc.net
Blue Ridge Community College	Community enrichment courses	180 W. Campus Dr. , Flat Rock(828) 694-1700
Edneyville Community Center	Walking, stretching and Tai Chi classes	Hwy 64 East on Ida Rogers Dr., Edneyville (828) 697-4884
Henderson County Family YMCA Silver and Fit	Fee-based classes & exercise, Membership fees vary. Health Education Programs	810 West 6 th Ave., Hendersonville (828) 692-5774
YMCA Tai Chi: Moving for Better Balance	Fee based. Sliding scale. 12 weeks session. Fall prevention program	Contact Diane Saccone. (828) 575-2904
Ho Sin Sool Dojang	Tai Chi and private lessons	125 Etowah Center Dr. (828) 281-0246
Leila Patterson Center	Fitness and aquatics programs	1111 Howard Gap Rd., Fletcher (828) 209-6900
Pardee Health Education Center	Health, fitness, balance and exercise programs	1800 Four Seasons Blvd, Hendersonville (828) 692-4600
Pardee Outpatient Clinic / Wellness	Rehabilitation and movement programs for balance	212 B Thompson St. Hendersonville (828) 290-3625
Oi Gang	Oi gang classes in sitting or standing; donations appreciated	Unitarian Universalist Church, 409 E Patterson St. Hendersonville. Bob & Fran German Phone:828.393.0805
Opportunity House	Dance and exercise classes	1411 Asheville Hwy, Hendersonville, (828) 692-0575
Sammy Williams Center	Intermediate dance and fitness classes; fee-based	301 N. Justice St., Hendersonville, (828) 692-3320
Stoney Mountain Activity Center	Exercise, tai chi, dance and martial arts; small fee	801 Glover St., Hendersonville, (828) 697-4900
Tai Chi Chih	Simplified Tai Chi; fee-based	The Shift Studio 708 Fleming St, Hendersonville. Emily at 828.712.3679
WNC Tai Chi for Arthritis	Series - 12 weeks fee-based classes, locations vary.	Anne Plyler (828) 253-8649, www.wnctaichiarthritis.com

For additional resources please visit wncfallpreventioncoalition.org or contact the WNC Fall Prevention Coalition representative at the Land-of-Sky Regional Council, Area Agency on Aging at 828-251-7438.