



## Building Better Balance in Madison County – Fall Prevention Resource List

FOR ADDITIONAL RESOURCES VISIT [WWW.WNC FALL PREVENTION COALITION.ORG](http://WWW.WNC FALL PREVENTION COALITION.ORG) OR CONTACT THE WNC FALL PREVENTION COALITION @ 828-251-7438

### PHYSICAL THERAPY SERVICES—SPECIALIZING IN BALANCE & AGING\*

CAREPARTNERS OUTPATIENT – MAIN, NORTH AND EAST CLINICS HOME HEALTH REQUIRES PHYSICIAN REFERRAL	Main location, central number will refer to North, South, and East Clinics: 69 Sweeten Creek Rd, Asheville (828) 274-6179
Madison Health and Rehabilitation	345 Manor Road, Mars Hill, NC 28754 (828) 689-5200
Mobile Rehab, LLC Outpatient rehabilitation services	Jennifer L. Lias MS PT OCS, 828-367-7645

**\*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
CarePartners Home Health	Home assessments physician referral, homebound	68 Sweeten Creek Road, Asheville, (828) 277-4722
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
Lifeline at Hot Springs Health Program	Lifeline – personal response system	590 Medical Park Drive, Marshall (828) 649-3500
Madison Home Care	Physical therapist provides home assessment for home safety concerns and fall risk assessment.	590 Medical Park Drive, Marshall (828)649-2705
Mission Health System	Lifeline-personal response system	(828) 257-7203
ResCare Homecare	Personal care, emergency services, and other age-in-place services	Multiple sites, (828) 252-0891
SoloSecure Medical Alert Systems	Personal emergency response systems	1-855-385-SOLO (7656), <a href="mailto:natalie@solosecure.com">natalie@solosecure.com</a>
WNC Aging in Place	Fall prevention and aging in place home modification	<a href="http://www.wncaginginplace.com">www.wncaginginplace.com</a>

### PHARMACY REVIEW

Organization	Description of Services	Contact Information
Medication Therapy Management	Pharmacist provided medication reviews and counseling, covered by Medicare	<a href="http://www.outcomesmtm.com">www.outcomesmtm.com</a> Type zipcode and radius in the “pharmacy finder” on the right



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<b>VISION &amp; HEARING SERVICES</b>		
<b>Organization</b>	<b>Description of Services</b>	<b>Contact Information</b>
Division of Services for the Blind (DSB)	Must complete eligibility application. Rehabilitation and Medical eye care services	April Conover (828) 250-5657 <a href="mailto:April.Conover@buncombecounty.org">April.Conover@buncombecounty.org</a>
DSB - Social Worker for the Blind	Assistance in accessing Madison County Resources	Susan Leschak, Marshall, NC, (828) 649-2711
Division of Services for Deaf and Hard of Hearing	Advocacy, information, counseling, skills development and tools	12 Barbetta Drive, Asheville <b>Voice</b> (828) 665-8733 <b>TTY</b> (828) 665-8737
Lions Club	Income-based assistance for eye exams & eyewear	Mars Hill Lions Club, President: Bruce Murray.( 828) 689-2931 <a href="mailto:bkmchevy@hotmail.com">bkmchevy@hotmail.com</a>   <a href="http://www.nclionsinc.org">www.nclionsinc.org</a>
Mission Hospital Low Vision Center	Low vision evaluation and individual living skills	240 Sardis Road, Asheville, (828) 213-4370
<b>COMMUNITY-BASED PROGRAMS</b>		
<b>Title of Program</b>	<b>Description of Services</b>	<b>Contact Information</b>
A Matter of Balance	Free 8-week program addresses the ‘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, <a href="http://www.bianc.net">www.bianc.net</a>
BridgeBack Movement Studios	Alexander Technique and Mat Pilates	36 Back St, Marshall, (828) 545-1331
Hot Springs Senior Center	Dining and socialization programs	356 NW Hwy 25/70, Hot Springs, (828) 622-7427
Madison County Parks & Recreation	Walking trails & Indoor walking and more	462 Long Branch Road PO Box 579, Marshall, (828) 649-3635
Marshall Senior Center	Physical activity and socialization- free / nominal fee	462 Long Branch Rd, Marshall, (828) 649-3587
Mars Hill University	Water Aerobics; fee-based classes	Mars Hill University (828)689-2853, Pool (828)689-8484
Revere-Rice Cove Community Center	Arthritis Exercise Program, Walking Program	3980 Revere Rd, Marshall, (828)656-8225 Betty Jane Ramsey (828)656-2235
YMCA of WNC Silver & Fit	Fee-based classes & exercise, Membership fees vary. Health Education Programs	Woodfin YMCA, 40 N. Merrimon Ave., Asheville(828) 505-3990
Moving for Better Balance	12 week program. Sliding scale. Fall prevention	Contact Diane Saccone. (828) 575-2904