



Building Better Balance in Transylvania County – Fall Prevention Resource List

Additional resources available at wncfallpreventioncoalition.org

SCREENING SERVICES

Organization	Description of Services	Contact Information
CarePartners Health Services-Main	Fall risk screening for balance, gait, strength, flexibility, medical history, vestibular and dizziness.	68 Sweeten Creek Road, Asheville (828) 274-9567

PHYSICAL THERAPY SERVICES – SPECIALIZING IN BALANCE AND AGING*

Organization	Contact Information
CarePartners Outpatient – Main, North and East Clinics Home Health requires physician referral and homebound status	Main location, central number will refer to North, South, and East clinics: 68 Sweeten Creek Road, Asheville (828) 274-6179
Gentiva Home Health- Safe Strides Home Health requires physician referral and homebound status	9 Olde Eastwood Village Drive, Asheville (828) 298-1370
Perfect Balance Physical Therapy (outpatient therapy)	59 Oakdale St, Brevard, (828) 966-9036
Transylvania Regional Hospital Homecare Home Health requires physician referral and homebound status	1266 Asheville Highway, Brevard, (828) 883-5254
Transylvania Regional Hospital's Outpatient Rehabilitation Services	316 Chestnut St. Suite1, Brevard , (828) 883-4967

***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	Needs physician referral and must be homebound	68 Sweeten Creek Road, Asheville, (828) 277-4722
Home Instead Senior Care	Free home safety assessments with consultation	1293 Hendersonville Rd., Asheville, (828) 274-4406
Home Medical Alert Systems, Inc.	Link 2 Life -Personal emergency response system	Pat Whitson, (828) 231-0930
Rest Assured One Touch, ResCare HomeCare	Rest Assured One Touch, Two-way speaker phone with 24/7 link to Personal Care and EMS	(828) 252-0891
Transylvania Regional Hospital	Lifeline – Personal response system	260 Hospital Dr., Brevard, (828) 883-5254
WNC Aging in Place	Home modifications for aging in place	(828) 692-2181



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VISION SERVICES		
Organization	Description of Services	Contact Information
Division of Services for the Blind (DSB)	Must complete eligibility application. Rehabilitation and Medical eye care services.	Preston Jones, 50 S. French Broad Avenue, Asheville, (828) 251-6732
DSB – Transylvania County Social Worker for the Blind	Assistance in accessing Buncombe County Resources	Susan Leschak, 205 East Morgan Street, Brevard (828) 884-3174, ext. 287
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	Low vision technician, evaluation, occupational therapy, independent living skills	50 Doctors Dr. Suite 403, Asheville, (828) 213-2222

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 Association	Brain injury education and advocacy classes	68 Sweeten Creek Rd., Asheville, (828) 277-4868
Brevard Health & Racquet Club	Fee-based movement classes incl. tai chi	1325 Country Club Road Brevard, (828) 883-3005
Fitness Factory	Fee-based Silver sneaker and fitness classes; some Medicare plans cover fee. Yoga classes	1266 Asheville Hwy. Brevard, NC, (828) 883-9832
Silvermont Opportunity Center	Ongoing fitness classes - free or at a nominal cost	364 East Main St, Brevard (828) 884-3166
Transylvania County Parks & Recreation	Ongoing fitness classes free or at a nominal cost.	1078 Ecusta Rd, Brevard, (828) 884-3156.
WNC Tai Chi for Arthritis	Series of one-hour classes meet for 12 weeks Fee-based classes (scholarships available)	Anne Plyler (828) 253-8649, instructor@wnctaichiarthritis.com www.wnctaichiarthritis.com , locations vary.

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.