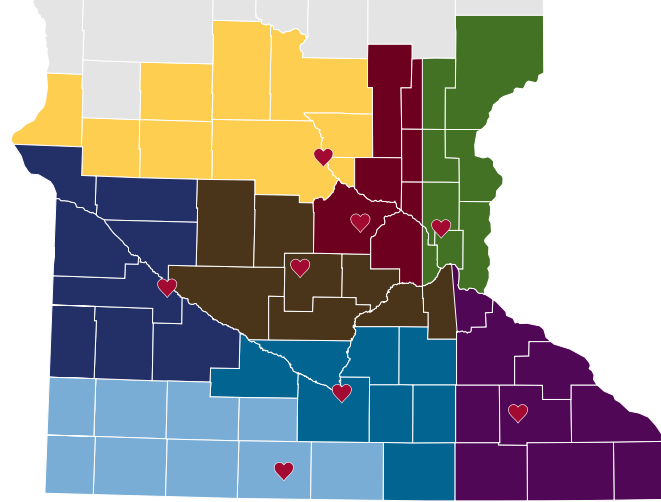


*Sometimes feel dizzy
or unsteady? Don't
worry about falling...
Take proactive steps
to reduce your risks.*

**Avoid a first fall or
prevent another with
ProActive Steps™**



Serving 60 of Minnesota's 87 counties

For care availability, call the Adara
Home Health office nearest your home.

♥ **BLAINE**

763-792-9471 · 888-533-2335
blaine@adarahomehealth.com

♥ **HUTCHINSON**

320-753-0936 · 800-624-9024
hutchinson@adarahomehealth.com

♥ **BUFFALO**

763-682-3005 · 888-250-1730
buffalo@adarahomehealth.com

♥ **MANKATO**

507-519-4016 · 800-598-5546
mankato@adarahomehealth.com

♥ **FAIRMONT**

507-235-3898 · 800-817-1819
fairmont@adarahomehealth.com

♥ **ROCHESTER**

507-252-9844 · 800-711-0509
rochester@adarahomehealth.com

♥ **GRANITE FALLS**

507-532-2264 · 800-659-8905
granitefalls@adarahomehealth.com

♥ **ST. CLOUD**

320-255-1882 · 866-443-0092
stcloud@adarahomehealth.com



Visit us at [adarahomehealth.com](https://www.adarahomehealth.com)

Adara Home Health provides high-quality care to all people, without
regard for race, gender, religion, age, disability or national origin.

An Equal Opportunity Employer · A Drug Free Workplace


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ProActive Steps™
Stay Safe · Prevent Falls



Preventing Falls Starts with
ProActive Steps™





"I love to cook and I missed going to the grocery store for myself. Now I can shop again without worrying about falling."

Build Self-Confidence. Feel More Safe, Sound and Secure. ProActive Steps™ can help.

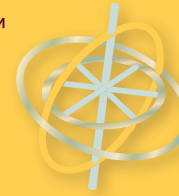
Every year, thousands of people fall resulting in life changing injuries or even death. The lucky ones who aren't physically hurt are often so afraid of falling again that they stop doing the things they love.

But there is good news... ProActive Steps™ is an effective falls prevention program that teaches you how to reduce your risk of falling.

Delivered in the comfort of your home, our program of proven risk-reduction strategies can help you maintain your independence and reduce anxiety about falling. Your family will feel better too, knowing you're taking proactive steps.

ProActive Steps™ is one of many home care services provided by Adara Home Health, a Medicare-certified, Comprehensive Minnesota Licensed Home Health Agency.

ProActive Steps™ **1, 2, 3**



STEP 1 **Evaluation**

We'll evaluate your risks for falling by assessing a range of factors including:

- Strength, flexibility, coordination and balance
- The effect changing positions has on your blood pressure
- What role medications may be playing
- Whether your vision, hearing or inner ear may be effecting balance
- If your home has any potential hazards that could lead to a fall

STEP 2 **Personal Improvement Plan**

Once we know your risk factors and have identified their cause, we work with you, your family and physician to tailor a treatment program to your unique needs.

STEP 3 **In-home Care and Treatment**

ProActive Steps health care professionals will work with you in the privacy of your home, to help you reduce your risks of falling.

Did you know?

- More than 1/3 of people aged 65 and older fall each year in the U.S.*
- Those who fall once are 2-3 times more likely to fall again.
- People 75 and older who fall are 4-5 times more likely to be admitted to a long-term care facility for a year or longer.
- Falls are the most common cause of traumatic brain injuries.
- In 2003, about 72% of older adults admitted to the hospital for hip fractures were women.

Paying for Services

Adara Home Health accepts payment from multiple sources including: private health insurance plans and HMO/PPOs; Medicare; and individual, private payment. Contact the office nearest you to learn about other options.

Call Today. Take ProActive Steps to Prevent Falls

- ☑ Guard your independence
- ☑ Protect your health
- ☑ Preserve quality of life
- ☑ Improve mobility