

# CAREGIVERS SUPPORT



**This discussion will include information about the caregiver's role in fall prevention and preparedness.**

- **There will be information on the components of balance and examples of strategies and exercises to help individuals move better, steadier and prevent an injurious fall.**
- **There will be an opportunity to do a few balance exercises and practice some guarding and assisting techniques.**
- **There will be a brief discussion about fall preparedness including how to prepare patients to respond to a fall, what to do if you witness a fall, how and when to help someone off the floor.**

## **Fall Prevention & Preparedness**

**with Anne Reilley, PT,  
DPT, MS**

**Tuesday,  
6/24/2025**

**2:00 pm-3:30 pm**

**at the Tompkins County  
Office for the Aging**

### **To Register:**

**(607) 274-5486**

**[ajackson@tompkins-co.org](mailto:ajackson@tompkins-co.org)**



**TOMPKINS COUNTY  
OFFICE FOR THE AGING**

*Aging Better, Together*

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