



## Balance Management Program

Falling is the most common cause of injury and hospital admission for trauma in older adults, and almost half of nursing home residents fall every year. Even a fall that does not cause injury can limit confidence, and the fear of falling can result in decreased activity, isolation and emotional decline.

Aegis Therapies has developed a comprehensive Balance Management program to address these concerns. This program provides critical structure for:

- Identification of at-risk patients
- An integrated team approach
- Improved clinical outcomes
- Significantly improved resident safety

A unique feature of Balance Management is its potential appropriateness for every resident of the skilled nursing facility. In addition to addressing the restoration of lost function, the program provides a consistent framework for therapists to help residents compensate for the way they approach and accomplish a task, or to aid in the adaptation of the physical environment to improve the resident's safety.

### Providing critical insight

Balance Management focuses on early detection of a resident's underlying impairments as they relate to functional deficits. This approach provides critical insight into less obvious conditions that may impact the resident's safety, such as nutritional decline, new medication or a change in health or vision. By equipping seniors with necessary skills and strategies before an accident occurs, Aegis Therapies may reduce the risk of a serious or debilitating fall and help residents gain confidence and a greater sense of independence.



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