

Boost Your Balance



Balance is critical to help prevent falls

As we age, the risk of falling increases, and there can be many causes for losing balance. Boost Your Balance can help you reduce your risk and stay independent.

Initial Visit: A 2-hour in-home assessment to complete the fall risk screening.

Follow-Up Visit: A second 1-hour visit to review findings, prioritize areas of concern, and receive personalized fall prevention advice to create an action plan.

Continued Support: A follow-up call from ADRC Specialist within three months after the referral to check on your progress and offer additional guidance.

Call ADRC at (920) 448-4300 to discuss your balance or falls risk concerns and learn how this screening can help you stay independent and living at home. This is a completely free in-home service!

Our ADRC volunteers, who are medically trained, will take the time you need to help:

- Identify and prioritize areas of balance risk
- Discover ways to stay safe and independent in your home
- Learn how to discuss balance and falls prevention with your doctor

Take charge of your well-being today with Boost Your Balance!

Eligibility Criteria:

- Age 60+
- Live in your own home or apartment
- Are able to walk with or without assistive aid devices
- Not eligible/able to attend a Stepping On or Bingocize® Fall Prevention Workshop
- Not on Family Care/IRIS, Partnership
- Not on Hospice or receiving PT or OT (via home health or outpatient)

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ADRC of Brown County

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ADRC is a nonprofit, 501(c)3 organization

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