

# MIDCAROLINA TRAUMA RAC REGIONAL FALLS PREVENTION GUIDE

A county by county guide to falls prevention resources available to seniors including medication management services, exercise and education classes, home safety modification services, and physical therapy services that specialize in aging and balance.

*Created by UNC Tar  
Heel Trauma and  
the Triangle Falls  
Prevention Coalition*

Triangle Falls Prevention Coalition Falls Prevention Resource Guide

Falls Prevention Resources – Alamance County, North Carolina						
Organization	Contact Information	Exercise & Education Classes for Falls Prevention	Seeing & Hearing Services	Home Safety Modification Services	Physical Therapy Services Specializing in Balance and Aging	Medicine Review Services
<a href="https://www.arthritis.org/living-with-arthritis/tools-resources/walk-with-ease/">Arthritis Foundation: Walk With Ease</a>	<a href="https://www.arthritis.org/living-with-arthritis/tools-resources/walk-with-ease/">https://www.arthritis.org/living-with-arthritis/tools-resources/walk-with-ease/</a>	<b>Walk with Ease Program</b>				
<a href="https://collaboration.cpesn.com/finder">CPESN</a>	<a href="https://collaboration.cpesn.com/finder">https://collaboration.cpesn.com/finder</a>					
<a href="#">Piedmont Health SeniorCare</a>	(336) 532-0000				<i>Otago Falls Prevention Program</i>	
<a href="#">Liberty Commons</a>	(336) 586-9850				<i>Otago Falls Prevention Program</i>	
<a href="#">NC Baptist Aging Ministry</a>	(877) 506-2226					
<a href="#">NC Med Assist</a>	1-866-331-1348 toll-free					
<a href="#">Medication Therapy Management</a>	www.outcomesmtm.com					
<a href="#">Charles Drew Community Health Center</a>	(336) 570-3739					
<a href="#">Medication Management Clinic</a>	(336) 538-8440					
<a href="#">Alamance Elder Care</a>	(336) 538-8080	<i>Matter of Balance</i>				
<a href="#">State Center for Deaf and Hard of Hearing –</a>	Voice 919-859-8526; Video Phone 919-890-0858					

\*For support and information on substance abuse you may call the SAMHSA's National Helpline. It is free, confidential 24/7, 365 day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders. 1-800-662-HELP (4357).

For any questions about Falls Prevention Resources in your community please contact Lindsay Bailey, UNC Trauma Program at 984-974-2437 or Lindsay.bailey@unchealth.unc.edu.

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<u>Greensboro Regional Center</u>						
NC Services for the Blind Winston Salem Division	910-486-1582					
<b>Falls Prevention Resources – Cumberland County, North Carolina</b>						
<b>Organization</b>	<b>Contact Information</b>	<b>Exercise &amp; Education Classes for Falls Prevention</b>	<b>Seeing &amp; Hearing Services</b>	<b>Home Safety Modification Services</b>	<b>Physical Therapy Services Specializing in Balance and Aging</b>	<b>Medicine Review Services</b>
<u>Cape Fear Valley Rehab Services</u>	To view clinic location closest to you visit <a href="http://capefearvalely.com/rehab/locations">capefearvalely.com/rehab/locations</a>					
<u>Cumberland County Council on Older Adults</u>	910-484-0111					
<u>NC Med Assist</u>	1-866-331-1348 toll-free					
<u>Medication Therapy Management</u>	<a href="http://www.outcomesmtm.com">www.outcomesmtm.com</a>					
<u>State Center for Deaf and Hard of Hearing – Raleigh Regional Center</u>	Voice 919-859-8526; Video Phone 919-890-0858					

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<u>NC Services for the Blind Fayetteville Division</u>	910-486-1582					
<u>Cape Fear Nose &amp; Throat Basic Screenings</u>	910-486-1582					
<u>Mid-Carolina Agency on Aging</u>	910-323-4191 ext. 40	<i>Matter of Balance and Tai Chi for Arthritis</i>				
<u>Arthritis Foundation: Walk With Ease</u>	<a href="https://www.arthritis.org/living-with-arthritis/tools-resources/walk-with-ease/">https://www.arthritis.org/living-with-arthritis/tools-resources/walk-with-ease/</a>	<b>Walk with Ease Program</b>				
<u>CPESN</u>	<a href="https://collaboration.cpesn.com/finder">https://collaboration.cpesn.com/finder</a>					

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Falls Prevention Resources – Chatham County, North Carolina						
Organization	Contact Information	Exercise & Education Classes for Falls Prevention	Seeing & Hearing Services	Home Safety Modification Services	Physical Therapy Services Specializing in Balance and Aging	Medicine Review Services
<u>Mobile Rehab Physical Therapy Services</u>	(919) 636-2423				<i>PTs certified in Otago Falls Prevention Program</i>	
<u>Piedmont Health Care Senior Care</u>	(919) 545-7337					
<u>Chatham Council on Aging Minor Home Repair</u>	Eastern Chatham Senior Center (919) 542-4512; Western Chatham Senior Center at 919-742-3975.	<i>Tai Chi for Arthritis and Matter of Balance</i>				
<u>NC Med Assist</u>	1-866-331-1348 toll-free					
<u>Medication Therapy Management</u>	www.outcomesmtm.com					
<u>State Center for Deaf and Hard of Hearing – Raleigh Regional Center</u>	Voice 919-859-8526; Video Phone 919-890-0858					
<u>Orange County Services for the Blind</u>	919-560-8633					
<u>NC Services for the Blind</u>	910-486-1582					

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<u>Fayetteville Division</u>						
<u>YMCA of the Chapel Hill</u>	919-442-9622 ext. 8837	<i>Moving for Better Balance &amp; Tai Chi</i>				
<u>Arthritis Foundation: Walk With Ease</u>	<a href="https://www.arthritis.org/living-with-arthritis/tools-resources/walk-with-ease/">https://www.arthritis.org/living-with-arthritis/tools-resources/walk-with-ease/</a>	<b>Walk with Ease Program</b>				
<u>CPESN</u>	<a href="https://collaboration.cpesn.com/finder">https://collaboration.cpesn.com/finder</a>					

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Falls Prevention Resources – Hoke County, North Carolina						
Organization	Contact Information	Exercise & Education Classes for Falls Prevention	Seeing & Hearing Services	Home Safety Modification Services	Physical Therapy Services Specializing in Balance and Aging	Medicine Review Services
<a href="#"><u>First Health Home Care</u></a>	(910) 255-3636				<i>Otago Falls Prevention Program</i>	
<a href="#"><u>First Health Outpatient Rehab - Raeford</u></a>	(910) 904-7404					
<a href="#"><u>NC Med Assist</u></a>	1-866-331-1348 toll-free					
<a href="#"><u>Medication Therapy Management</u></a>	www.outcomesmtm.com					
<a href="#"><u>State Center for Deaf and Hard of Hearing – Raleigh Regional Center</u></a>	Voice 919-859-8526; Video Phone 919-890-0858					
<a href="#"><u>NC Services for the Blind Fayetteville Division</u></a>	910-486-1582					
<a href="#"><u>Hoke County Senior Center</u></a>	(910) 875-8588	<i>Matter of Balance</i>				
<a href="#"><u>Arthritis Foundation: Walk With Ease</u></a>	<a href="https://www.arthritis.org/living-with-arthritis/tools-resources/walk-with-ease/">https://www.arthritis.org/living-with-arthritis/tools-resources/walk-with-ease/</a>	<b>Walk with Ease Program</b>				
<a href="#"><u>CPESN</u></a>	<a href="https://collaboration.cpesn.com/finder">https://collaboration.cpesn.com/finder</a>					

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Falls Prevention Resources – Montgomery County, North Carolina						
Organization	Contact Information	Exercise & Education Classes for Falls Prevention	Seeing & Hearing Services	Home Safety Modification Services	Physical Therapy Services Specializing in Balance and Aging	Medicine Review Services
<a href="#"><u>First Health Home Care</u></a>	(910) 255-3636				<i>Otago Falls Prevention Program</i>	
<a href="#"><u>First Health Outpatient Rehab - Troy</u></a>	(910) 57105136					
<a href="#"><u>NC Med Assist</u></a>	1-866-331-1348 toll-free					
<a href="#"><u>Medication Therapy Management</u></a>	www.outcomesmtm.com					
<a href="#"><u>State Center for Deaf and Hard of Hearing – Charlotte Regional Center</u></a>	Voice 919-859-8526; Video Phone 919-890-0858					
<a href="#"><u>NC Services for the Blind Charlotte Division</u></a>	(704) 563-4168					
<a href="#"><u>Montgomery County Senior Center - Troy</u></a>	910- 572-4464					
<a href="https://www.arthritis.org/living-with-arthritis/tools-resources/walk-with-ease/"><u>Arthritis Foundation: Walk With Ease</u></a>	<a href="https://www.arthritis.org/living-with-arthritis/tools-resources/walk-with-ease/"><u>https://www.arthritis.org/living-with-arthritis/tools-resources/walk-with-ease/</u></a>	<b>Walk with Ease Program</b>				
<a href="https://collaboration.cpesn.com/finder"><u>CPESN</u></a>	<a href="https://collaboration.cpesn.com/finder"><u>https://collaboration.cpesn.com/finder</u></a>					

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Falls Prevention Resources – Moore County, North Carolina						
Organization	Contact Information	Exercise & Education Classes for Falls Prevention	Seeing & Hearing Services	Home Safety Modification Services	Physical Therapy Services Specializing in Balance and Aging	Medicine Review Services
<u>First Health Home Care</u>	(910) 255-3636				<i>Otago Falls Prevention Program</i>	
<u>First Health Outpatient Rehab – Pinehurst</u>	(910) 715-1825					
<u>Moore County Department on Aging</u>	910-215-0900	<i>Matter of Balance</i>				
<u>Sandhills Community Action Program</u>	910 947-5675					
<u>NC Med Assist</u>	1-866-331-1348 toll-free					
<u>Medication Therapy Management</u>	www.outcomesmtm.com					
<u>State Center for Deaf and Hard of Hearing – Raleigh Regional Center</u>	Voice 919-859-8526; Video Phone 919-890-0858					
<u>NC Services for the Blind Fayetteville Division</u>	910-486-1582					
<u>Arthritis Foundation: Walk With Ease</u>	<a href="https://www.arthritis.org/living-with-arthritis/tools-resources/walk-with-ease/">https://www.arthritis.org/living-with-arthritis/tools-resources/walk-with-ease/</a>	<i>Walk with Ease Program</i>				

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<a href="#">CPESN</a>	<a href="https://collaboration.cpesn.com/finder">https://collaboration.cpesn.com/finder</a>					
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Falls Prevention Resources – Orange, North Carolina						
Organization	Contact Information	Exercise & Education Classes for Falls Prevention	Seeing & Hearing Services	Home Safety Modification Services	Physical Therapy Services Specializing in Balance and Aging	Medicine Review Services
<u>Mobile Rehab Physical Therapy Services</u>	(919) 636-2423				<i>PTs certified in Otago Falls Prevention Program</i>	
<u>ElderFit</u>	(919) 614-1923					
<u>Rebuilding Together</u>	(919) 341-5980					
<u>NC Med Assist</u>	1-866-331-1348 toll-free					
<u>Medication Therapy Management</u>	www.outcomesmtm.com					
<u>State Center for Deaf and Hard of Hearing – Raleigh Regional Center</u>	Voice 919-859-8526; Video Phone 919-890-0858					
<u>Orange County Services for the Blind</u>	919-560-8633					
<u>NC Services for the Blind</u>	919-527-6740					

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<u>Raleigh Division</u>						
<u>YMCA of the Chapel Hill</u>	919-442-9622 ext. 8837	<i>Moving for Better Balance &amp; Tai Chi</i>				
Organization	Contact Information	Exercise & Education Classes for Falls Prevention	Seeing & Hearing Services	Home Safety Modification Services	Physical Therapy Services Specializing in Balance and Aging	Medicine Review Services
<u>Orange County Dept. on Aging</u>	(919) 968-2087	<i>Matter of Balance</i>				
<u>Stay Up and Active</u>	919-245-6192					
<u>UNC Physical Therapy Faculty Practice</u>	919-732-6600				<i>PTs certified in Otago Falls Prevention Program</i>	
<u>OC Department on Aging</u>	Home Safety: 919-968-2087; Exercise Programs: 919-245-4270					
<u>Arthritis Foundation: Walk With Ease</u>	<a href="https://www.arthritis.org/living-with-arthritis/tools-resources/walk-with-ease/">https://www.arthritis.org/living-with-arthritis/tools-resources/walk-with-ease/</a>	<i>Walk with Ease Program</i>				
<u>CPESN</u>	<a href="https://collaboration.cpesn.com/finder">https://collaboration.cpesn.com/finder</a>					

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Falls Prevention Resources – Richmond County, North Carolina						
Organization	Contact Information	Exercise & Education Classes for Falls Prevention	Seeing & Hearing Services	Home Safety Modification Services	Physical Therapy Services Specializing in Balance and Aging	Medicine Review Services
<u>First Health Home Care</u>	(910) 255-3636				<i>Otago Falls Prevention Program</i>	
<u>First Health Outpatient Rehab – Hamlet &amp; Richmond</u>	(910) 904-7404					
<u>Sandhills Community Action Program</u>	(910) 410-0207					
<u>Richmond County Senior Centers</u>	910-997-4491					
<u>NC Med Assist</u>	1-866-331-1348 toll-free					
<u>Medication Therapy Management</u>	www.outcomesmtm.com					
<u>Richmond County Health Department</u>	(910) 997-8300					
<u>State Center for Deaf and Hard of Hearing – Charlotte Regional Center</u>	Voice 919-859-8526; Video Phone 919-890-0858					
<u>NC Services for the Blind Fayetteville</u>	910-486-1582					

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<u>Division</u>						
<u>Arthritis Foundation: Walk With Ease</u>	<a href="https://www.arthritis.org/living-with-arthritis/tools-resources/walk-with-ease/">https://www.arthritis.org/living-with-arthritis/tools-resources/walk-with-ease/</a>	<b>Walk with Ease Program</b>				
<u>CPESN</u>	<a href="https://collaboration.cpesn.com/finder">https://collaboration.cpesn.com/finder</a>					

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Falls Prevention Resources – Sampson County, North Carolina						
Organization	Contact Information	Exercise & Education Classes for Falls Prevention	Seeing & Hearing Services	Home Safety Modification Services	Physical Therapy Services Specializing in Balance and Aging	Medicine Review Services
<u>Sampson County Department on Aging</u>	(910) 410-0207	<i>Tai Chi for Arthritis and Matter of Balance</i>				
<u>NC Med Assist</u>	1-866-331-1348 toll-free					
<u>Medication Therapy Management</u>	www.outcomesmtm.com					
<u>Richmond County Health Department</u>	(910) 997-8300					
<u>State Center for Deaf and Hard of Hearing – Wilmington Regional Center</u>	Voice 910-251-5702; Video Phone 910-777-5770					
<u>NC Services for the Blind Fayetteville Division</u>	910-486-1582					
<u>Arthritis Foundation: Walk With Ease</u>	<a href="https://www.arthritis.org/living-with-arthritis/tools-resources/walk-with-ease/">https://www.arthritis.org/living-with-arthritis/tools-resources/walk-with-ease/</a>	<b>Walk with Ease Program</b>				
<u>CPESN</u>	<a href="https://collaboration.cpesn.com/finder">https://collaboration.cpesn.com/finder</a>					

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Falls Prevention Resources – Warren County, North Carolina						
Organization	Contact Information	Exercise & Education Classes for Falls Prevention	Seeing & Hearing Services	Home Safety Modification Services	Physical Therapy Services Specializing in Balance and Aging	Medicine Review Services
<u>NC Med Assist</u>	1-866-331-1348 toll-free					
<u>Medication Therapy Management</u>	www.outcomesmtm.com					
<u>State Center for Deaf and Hard of Hearing – Raleigh Regional Center</u>	Voice 919-859-8526; Video Phone 919-890-0858					
<u>NC Services for the Blind Raleigh Division</u>	919-527-6740					
<u>Warren County Senior Center</u>	910-323-4191 ext. 40	<i>Matter of Balance</i>				

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