

Stop fearing falls and start living again

with Gentiva's innovative Safe Strides balance® program.

Do you feel dizzy or unsteady at times? Does the fear of falling keep you from enjoying life? Perhaps you've even fallen recently and kept it to yourself because you didn't want to worry your loved ones.

A better life can begin with one single step.

Traditional balance dysfunction programs treat every patient the same way. They provide gait training and strengthening exercises. But we recognize that each patient is different. So we find the problem first. Then we devise a plan of care to address your specific needs. The result is a customized program that works better because it's built around you.

If you are concerned about a fall, you're not alone. Among those over 65, falls are a leading cause of injury that can lead to broken bones, hospitalizations and even fatalities.

Our unique, home-based rehabilitation program is revolutionizing fall prevention and is making a dramatic difference in the lives of thousands of seniors every day.

How our balance program works.

Safe Strides incorporates education, prevention and customized care to improve your balance and increase your independence.

First we identify the causes of your fall risk by examining the systems of your body involved in maintaining balance. Then the team works with your doctor and you to develop an individualized plan for you.

So don't let balance problems get in the way of your life. With Safe Strides you can be on your way to living more fully and more independently today.

A company you can trust.

Each year, Gentiva provides home healthcare services to nearly 350,000 people from more than 300 locations nationwide. We are committed to clinical excellence and determined to continually raise the bar in home healthcare by setting new industry standards for quality care and personalized service. That's why thousands of patients every day choose us for their home healthcare needs.

Home healthcare may be available at no cost to you.

If you are covered under Medicare A benefits, our services may be available at no cost to you. We also accept many private payers. To find out more, just call us. We'll be glad to discuss your situation with you.

For more information,
call **208-667-5470** or visit
gentiva.com

