Feel better.

Be in control.

Find out more about FallScape Sessions.

802-863-7227
VTEMS@vermont.gov
www.healthvermont.gov

Sign Up Now.

Spaces Are Limited.

- Request a free 1-hour Falls Prevention Session, held in your home or location of your choice, with free weekly follow-up phone calls and additional free visits available.
- Learn with leadership from trained community EMS professionals from local fire, ambulance, police or first response agencies.
- Set your own goals and identify priorities that work for you.
- Identify your personalized fall threats and use this knowledge to access the falls prevention resources in your community that are right for you.

Special thanks to the National Council on Aging

AMCARE
Barre City Fire Department
Barre Town Fire Department
Bennington Rescue
CALEX Ambulance
Cambridge Rescue
Corinth-Topsham Emergency Response
Deerfield Valley Rescue
Essex Rescue
First Branch Ambulance
Grafton Rescue Squad
Ludlow Ambulance
Lyndon Rescue
Manchester Rescue
Middlebury Regional EMS
Newport Ambulance Service
Northern EMS
Orwell First Response
Peacham Vol. Fire Dept.
Regional Ambulance Service
Shelburne Rescue
South Royalton Rescue
Thetford Vol. Fire Dept.
Vershire Fire and Rescue

VERMONT
DEPARTMENT OF HEALTH

Escape Falls with FallScape

Vermont Department of Health
Falls Prevention Program

Falls are NOT inevitable.
Only you can prevent falls.

What is it?

FallScape is a patent-pending approach developed with research supported by the National Institutes of Health.

- Helps you find your own ways to prevent falls.
- Offered statewide by the Vermont Department of Health
- Meets the Administration of Aging's highest level criteria for evidence-based health promotion programs.

Why it works

- Personalized approach
- Multimedia vignettes
- One-on-one guided sessions
- Guided discovery to individualized "fall threats"
- Increases situational awareness that translates into successful fall prevention in real life situations
- Clinically proven to prevent falls

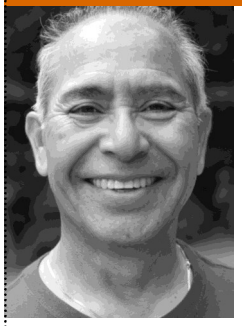
How it works

1. 5-minute screening process
2. 1 hour one-on-one session with a trained volunteer in your home or location of your choice
3. Weekly follow-up phone calls for 3 weeks.
4. 1 hour one-on-one follow-up session.
5. Monthly check-in phone calls for six months.

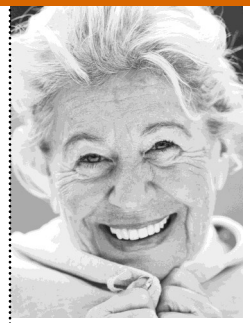
To find out if this program is right for you, please contact the Department of Health at (802)863-7227 or VTEMS@vermont.gov.

"I added preventing falls to the list of things necessary to maintain good health."

To register or get more information, please call:
802-863-7227



"There are so many things taken away from older adults. This program gives them something back— control."



"Fallscape adds a whole new dimension to fall prevention— the education of attention."