

Dignity at Home Fall Prevention Program

The County of San Mateo Aging and Adult Services Division has a new program to help older adults stay safe while living at home.

All services are free of charge.

How Do I Qualify?

- Must be at least 60 years of age or disabled
- At risk of falling, have had a fall and/or is at risk of institutionalization
- Live in San Mateo County with an income not to exceed \$102,450 annually for one person or \$117,100 annually for two

What's The Process?

- Phone interview to qualify
- Virtual or in-home assessment by a licensed occupational therapist
- Fall prevention information, education and referrals
- Purchase of minor injury prevention accessories if recommended

Participants Must Also

- Have access to Zoom at home. No tech support will be provided
- Have a caregiver or assistant during the assessment if needed
- Be able to safely move around the home during the assessment

Limited spots available.

To apply for the Dignity at Home Fall Prevention Program or for more information please contact **Sarah Eggen-Thornhill** at **1-844-NoFalls (1-844-663-2557)** or **seggenthornhill@smcgov.org**