

HOMESTRETCH PARTICIPANTS REDUCE FALLS THROUGH SAFE EXERCISE



Just a few months ago, Jacqueline Franklin suffered from severe back pain which made it difficult for her to get around safely in her studio apartment. Now, she manages to get out of her apartment every day and enjoys walking to the store, or just going outside for some fresh air. Her strength and balance have improved so much that instead of taking her walker, she now reports, "I just take my time."

Jacqueline credits the **HomeStretch Program** for improving her strength and flexibility, both of which helped to diminish her back pain and reduce falls.

HomeStretch is an innovative in-home exercise program for older adults that was developed by **Anne Shumway-Cook, Ph.D.**, of the **University of Washington's Department of Rehabilitation Medicine** in partnership with **Aging & Disability Services' Case Management Program**. The goal of the program is to help the participants become more active and improve balance and strength through regular physical exercise so that they can manage their chronic conditions and reduce falls.



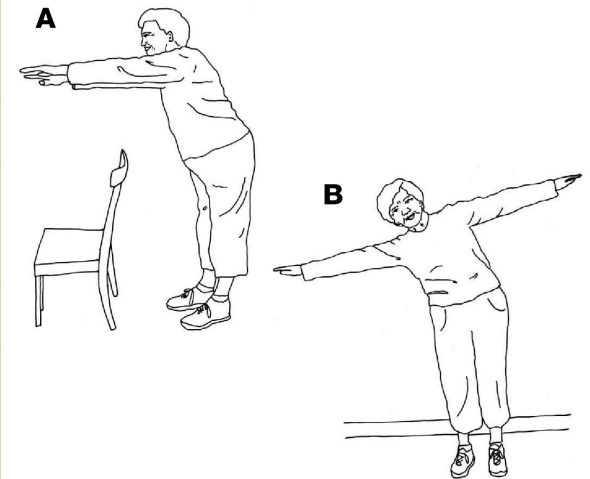
Aging and Disability Services
Mailing Address
P.O. Box 34215
Seattle, WA 98124

If you would like to participate in HomeStretch, please contact your ADS Case Manager.

If you have questions about the HomeStretch Program, please contact:
Lori Mina, ADS Program Specialist
Phone: 206-684-0278

HOME STRETCH

AN IN-HOME
FALL PREVENTION PROGRAM
FOR OLDER ADULTS ©

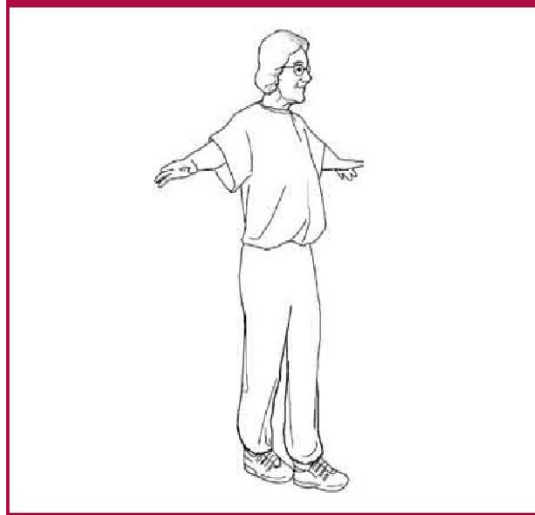
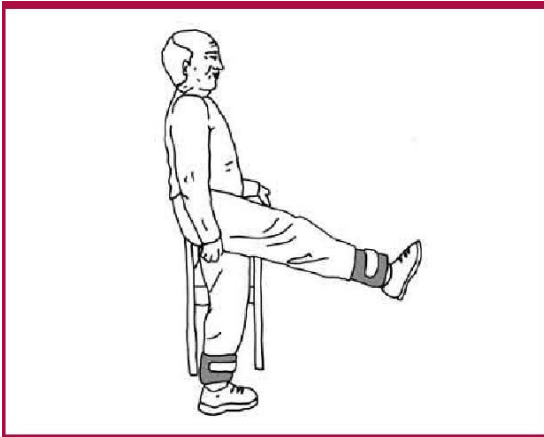


Aging and Disability Services
*Creating choices for elders and adults
with disabilities in King County*

HOMESTRETCH PROGRAM IMPROVES STRENGTH AND FLEXIBILITY

Welcome to HomeStretch

HomeStretch is a home-based exercise program developed in partnership with Seattle-King County Aging & Disability Services and the University of Washington. The goal of the program is to help participants become more active and improve balance and strength through regular physical exercise so that they can manage their chronic conditions and reduce falls.



As a part of this project, a Physical Therapist from Wesley Homes will visit you six times in your home. Each visit will last approximately one hour.

After these six visits, your caregiver may be able to continue to work with you on your exercises. Visits will be scheduled on a day and time that are convenient for you. You and your “coaching team” will be keeping track of your progress for a period of six (6) months.

WHAT ARE THE BENEFITS?

Regular exercise has also been shown to:

1. Lessen the risk of developing a chronic disease
2. Help in controlling health problems such as high blood pressure, diabetes, weight, etc.
3. Help you to perform activities that are important to you.
4. Help you to perform activities that are important to you.
5. Help improve your mood.
6. Promote better sleep.
7. Strengthen your heart and lungs.
8. Be fun!

Remember: It is important to consult your doctor before engaging in any exercise program.

We look forward to working with you!!