

Fall Prevention Resources

Long Beach

- **Ask your doctor** for a referral to physical therapy, occupational therapy, balance or vertigo therapy if you feel unsteady or struggle with your balance.
 - [Neurological Rehabilitation and Balance Program | MemorialCare](#)
 - Memorial Care Long Beach Medical Center Outpatient Rehabilitation Facility
- **CDC – Fall Prevention in Older Adults**
 - [About Older Adult Fall Prevention | Older Adult Fall Prevention | CDC](#)
- **Heart of Ida:** Local community organization that supports older adult's independence through fall prevention, technology education & awareness, dietary resources, and community engagement.
 - [Heart of Ida – Preserving Independence for Older Adults](#)
 - (562) 570-3548
- **Long Beach Aging Services Collaborative:** Group of local Long Beach organizations who collaboratively offer resources to older adults such as case management, legal resources, food security resources, health and mental health care resources, and many more!
 - [lbagingservices.com](#)
- **Los Angeles County Aging & Disabilities Department:** Offers resources for family caregiver services, meal programs, exercise, nutrition, and health promotion programs, and senior employment training.
 - [Los Angeles County Aging & Disabilities / Older Adult Services – Los Angeles County Aging & Disabilities](#)
 - (800) 510-2020
- **MemorialCare Trauma Injury Prevention Program Resources**
 - [Trauma Community Education & Injury Prevention Program | MemorialCare](#)
- **Senior center in LB:** Resource through the City of Long Beach that provides social service agencies recreational programs and nutritional services for older adults.
 - [Long Beach Senior Center](#)
 - (562) 570-3500
- **YMCA of Greater Long Beach:** Offers balance and strengthening exercise classes.
 - [Active Older Adults | YMCA of Greater Long Beach](#)
 - (562) 279-1700