

Chronic Conditions and Falls Risk: **Parkinson's**

Learn the link between Parkinson's disease and falls, and which falls prevention program is right for you.

Types of Parkinson's Diseases



- Parkinson's disease and related illnesses

Falls Risk Factors



- History of falls
- Changes in walking
- Low blood pressure
- Balance impairments

Solutions



- Exercise to improve balance and stability
- Focus on one task at a time
- Learn about home safety tips
- Talk to your health care team

Falls Prevention Program Options



Contact Information