

FAST

Fall Awareness and Strength Training



What is FAST?

FAST aims to achieve patient independence by helping them understand safety, mobility, balance and strength.

1 in 3 seniors over 65 have a fall at least once a year, prompting a visit to the emergency room and many times hospitalization and/or a lengthy stay at rehab facilities.

With Axiom Cares FAST program, every patient is assessed for personal falls risk factors. Our staff then works with the patient and caregivers to provide proper training and tools to prevent unnecessary falls.



Common Fall Risk Factors

- Mobility Issues
- Multiple Medications
- Low Blood Pressure
- Sensory Deficits
- Balance Problems
- Home Hazards

Consider FAST if:

- You are 65 or older
- You have a history of falls
- You are taking more than 3 medications
- You have pain while walking or standing
- You have poor vision
- You have trouble with coordination



How FAST Works

● Evaluate

Upon admission, our staff will conduct an in-home screening to determine a patient's fall risk, using proven techniques implemented by clinicians all across the country.

In addition, staff review current medication and medical conditions to identify fall risk factors and determine a plan to address those factors.

Last but not least, they evaluate the home for safety and potential hazards and address them as necessary.



● Exercise

Assist patients with therapy exercises to improve mobility, balance and strength.

By observing patient's ability to move around the house or perform activities of daily living, our staff creates a plan of care to help each patient with individual goals.



● Educate

Provide guides and resources to patients on ways to continue staying safe in and out of the home.

Train patients and caregivers to support patient safety with tasks such as transfer techniques, breathing techniques, home modifications, what to do if a fall occurs, and more.



● Engage

Encourage patients to live life while being safe.

Help patients identify and understand personal dangers.

Help patients strive for long term success that continues after care has ended.



Call Axiom Cares for personalized care in the comfort of your home.