

PHYSICIAN REFERRAL



If you or a family member has fallen or are unstable while walking, please contact your physician for a referral to the S.A.G.E. Program.

FOR MORE INFORMATION

For more information about the S.A.G.E. Program please call 206-368-1769. If you would like to learn more about Northwest Hospital programs and services, please visit our website at www.nwhospital.org.

Northwest Hospital & Medical Center is a 504/ADA accessible employer. Auxiliary aids (sign language interpreters, readers) or alternate formats of written materials will be made available, upon request.

ETHICS STATEMENT

The Center for Medical Rehabilitation at Northwest Hospital is committed to ethical behavior in respect to the patient's right to participate and determine his/her own plan of care. To act for the well being of the patients and the members of the hospital's community. To provide fair, equitable, and appropriate treatment in accordance with the law. To effectively and respectfully work with a diverse cultural and ethnic mix of patients, visitors, and staff.

LOCATION & DIRECTIONS

From I-5 take exit 173.
Turn west on Northgate Way.
At Meridian Avenue North, turn right (North).
Take the first left onto 115th Street.



**NORTHWEST HOSPITAL
& MEDICAL CENTER**

Center for Medical Rehabilitation

1550 North 115th Street

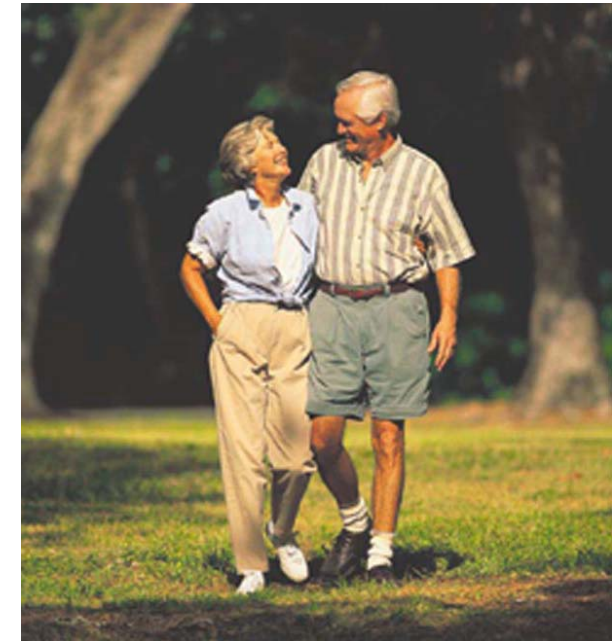
Seattle, WA 98133

www.nwhospital.org

Call: 206-368-1769

S.A.G.E.

SAFETY AND GAIT ENHANCEMENT



*A program designed to
improve your mobility.*



**NORTHWEST HOSPITAL
& MEDICAL CENTER**

Center for Medical Rehabilitation

INTRODUCTION

Anyone who has ever fallen knows what a frightening experience it is. A simple fall can be a major life-changing event. It can decrease your mobility and independence, and lead to hospitalization. According to a report issued by the Centers for Disease Control, falls are the leading cause of fatal and non-fatal injuries. Each year more than one-third of adults, ages 65 years and older, fall. Additionally, 40 percent of nursing home admissions are due to falls.



Improvement in balance and mobility has been shown to effectively lower the risk for falls, injury, and loss of independence.

THE S.A.G.E. PROGRAM

The Center for Medical Rehabilitation at Northwest Hospital & Medical Center offers a unique treatment program designed to improve balance and mobility in seniors. The **Safety And Gait Enhancement (S.A.G.E.)** Program helps seniors gain the confidence and skills they need to avoid falls and stay independent in the community.

PROGRAM DESIGN

A licensed Physical Therapist will evaluate your leg strength and range of motion, balance, and gait (how you walk). You will also be asked about any previous falls or balance problems you may have experienced. Your physical therapist will then customize a physical therapy treatment and home exercise program to meet your needs.

Your program will emphasize strengthening, flexibility, and balance exercises; posture; shoe selection; safe walking training; and techniques to safely rise from chairs. Additionally, you will utilize the Easy Streets Environments® to practice the new techniques you have learned.

EASY STREETS ENVIRONMENTS®



Individual modules include a car, grocery store, bus stop, green house, laundromat, restaurant, theatre, and home with a kitchen, dining room, and bedroom. These areas of Easy Streets incorporate real world obstacles including curbs, steps, ramps, slopes, and turnstiles.

CONSIDERING THE S.A.G.E. PROGRAM?

The S.A.G.E. Program is designed for individuals who are active in their community, but have developed unsteadiness that has led to a fear of falling. These individuals may:

- ◆ Walk slower than usual
- ◆ Shuffle as they walk
- ◆ Walk with their feet wide apart in an effort to maintain better balance
- ◆ Reach for walls and furniture for balance
- ◆ Be unsteady when turning
- ◆ Have recently experienced a fall
- ◆ Have difficulty sitting and rising from a chair

The fear of falling often leads to reduced participation in normal activities. Reduced activity leads to a decline in mobility and further unsteadiness. This cycle is one of the most critical factors threatening the independence of older adults. The S.A.G.E. Program breaks this cycle through a combination of education and treatment.

TREATMENT VISITS

The S.A.G.E. Program typically involves one or two visits per week to the Center for Medical Rehabilitation at Northwest Hospital & Medical Center. These visits last from four to eight weeks. This program is covered by most insurance companies.