

# “SMILE”

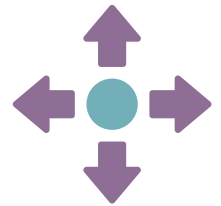
## FALL PREVENTION TECHNIQUE



**SLOW** movements. Nothing is more important than preventing a fall in your environment.



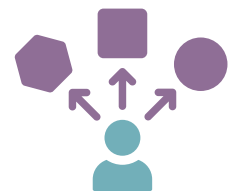
**MODIFY** your environment. Remove clutter, cords, loose rugs, or anything that might cause a fall.



**INVESTIGATE** your surroundings. Do I have something to hold onto? What will I grab?



**LEARN** what makes you feel the safest in your environment, including supports (countertops, grab bars, devices such as a walker or a cane).



**ENVIRONMENT** around you matters. Is there grass? Hills? Rocks? Clutter? What might be challenging? Do you have support?



**Welbe Health**

## 2025 Focus Areas



### Fewer Hospital Stays

Reduce hospitalizations by monitoring care closely.



### Participant Satisfaction

Improve overall experience based on feedback.



### Cognitive Health

Help participants maintain or improve memory.



### Stronger Daily Living Skills

Support independence in daily activities.



### Depression Support

Identify and help participants with depression.



### Completing Medical Orders

Ensure timely completion of specialist appointments.



### Diabetes Management

Improve blood sugar control for participants with diabetes.



### Respecting Your Wishes

Continue completion of “end of life wishes” and advance care planning.



### Safe Facilities

Complete routine building assessments to keep WelbeHealth centers safe for all participants.

We appreciate each and every one of you—participants, team members, and partners—for the important role you play at WelbeHealth and in our community. Whether you are receiving care, providing support, or working alongside us, we are here for you.

**Thank you for being part of the WelbeHealth family!**

**Your WelbeHealth Team**

