



A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

Fall Prevention Workshop

More than one in three people age 65 years or older falls each year. Every 14 seconds, an older adult is treated in the emergency room for a fall; every 29 minutes, an older adult dies from a fall-related injury. The risk of falling – and fall-related problems – rises with age. In Sonoma County, falls are the number one cause of injury that sends Sonoma County seniors to the hospital. Hip fractures are the most serious fall-related injuries and can have enormous impact on the quality of life. Half of older adults hospitalized for hip fracture cannot return home or live independently after the fracture.

Falls are **NOT** a normal part of aging. We **CAN** do something to prevent falls. The majority of falls can be prevented through proven methods. The Community Fall Prevention Program, with the support of Sonoma County Area Agency on Aging, is sponsoring an award-winning, evidenced-based fall prevention program called, **A Matter of Balance – Managing Concerns about Falls.**

The course is intended for seniors whose fear of falling compromises their level of social and physical activity. The course is designed to support participants to:

- ✓ Learn how to create a safer home environment
- ✓ Identify fall risks including issues regarding medications
- ✓ Learn problem-solving strategies to address behavior and habits that contribute to falls, and learn safety-promoting life style strategies
- ✓ Learn some simple exercises to promote strength, flexibility and balance, all which contribute to stability
- ✓ Learn about community resources for added support with these topics

The **A Matter of Balance** class series runs for 8 sessions, 2 hours each session. To register, or if you have questions, **please call Micheline White at (707)882-2137 or Heather Regelbrugge at (707)882-6992.**