



HEALTHY AGING ASSOCIATION
3500 Coffee Road, Suite 19, Modesto, CA 95355
(209)525-4670 | www.healthyagingassociation.org

FALL PREVENTION FITNESS CLASSES

We at Healthy Aging Association are dedicated to *help older Americans live longer, healthier, more independent lives by promoting increased physical activity, and sound health, and nutrition practices.* These fitness classes have been in Stanislaus County since 2000. Each class is on-going and meets for one-hour per class. All classes are led by trained and certified volunteer instructors.

Young at Heart Strength Training

This program is a practice tested intervention that has been shown to reduce the risk of falling. The Young at Heart Strength Training program focuses on the full body and works on strength, balance, and flexibility. The goal is to keep participants functioning as they age. The class utilizes resistance tubes instead of free weights to reduce injury, and to be used by even the most arthritic hands.

- Classes meet virtually via Zoom and in-person throughout Stanislaus County. Call (209) 525-4670 for more information.



Tai Chi and Tai Ji Quan: Moving for Better Balance

Try this effective exercise program for preventing falls. Tai Chi works through improving balance, confidence and muscular strength. These classes are typically offered through-out the community.

Tai Chi - Saint Paul's Episcopal Church - 1528 Oakdale Rd., Modesto 95355

Class meets on Tuesdays and Thursdays from 9:00 a.m. - 10:00 a.m.

Tai Ji Quan: Moving for Better Balance - Stanislaus Veterans Center - 3500 Coffee Rd., Ste. 19, Modesto, CA 95355 | Call (209) 525-4670 for when the class meets.

A Matter of Balance: Managing Concerns about Falls

This evidence based program is designed to reduce the fear of falling and increase the activity levels of older adults who have concerns about falls. This program utilizes volunteer coaches to teach the eight two-hour sessions. Those who are concerned about falls, have had a fall, and maybe have restricted activities because of concerns about falling are welcome to join the program. For more information or to sign up please call (209) 525-4670.



Leah's Pantry: Food Smarts

This 5-week nutrition course offered virtually or in-person is specifically designed for older adults. Participants will learn how to plan balanced and tasty meals, learn simple strategies to eat healthy, and will be able to participate in discussion and activities. To join an upcoming class call our office at (209) 525-4670 or email healthy.aging2000@gmail.com.





CHECK YOUR RISK FOR FALLING

Knowing one's fall risk is key to a meaningful outcome. Many older adults are assessed by their primary care provider or therapist, others depend on those within their caregiving circle or community agencies. Are you at risk?

CIRCLE 'YES' OR 'NO' FOR EACH STATEMENT BELOW			WHY IT MATTERS
YES (2)	NO (0)	Have you fallen in the past year?	People who have fallen once are likely to fall again.
YES (2)	NO (0)	Have you used or been advised to use a cane or walker to get around safely?	People who have been advised to use a cane or walker may already be more likely to fall.
YES (1)	NO (0)	Do you sometimes feel unsteady when you are walking?	Unsteadiness or needing support while walking are signs of poor balance.
YES (1)	NO (0)	Do you steady yourself by holding onto furniture when walking at home?	This is also a sign of poor balance.
YES (1)	NO (0)	Are you worried about falling?	People who are worried about falling are more likely to fall.
YES (1)	NO (0)	Do you need to push with your hands to stand up from a chair?	This is a sign of weak leg muscles, a major reason for falling.
YES (1)	NO (0)	Do you have some trouble stepping up onto a curb?	This is also a sign of weak leg muscles.
YES (1)	NO (0)	Do you often have to rush to the toilet?	Rushing to the bathroom, especially at night, increases your chance of falling.
YES (1)	NO (0)	Have you lost some feeling in your feet?	Numbness in your feet can cause stumbles and lead to falls.
YES (1)	NO (0)	Do you take medicine that sometimes makes you feel light-headed or more tired than usual?	Side effects from medicines can sometimes increase your chance of falling.
YES (1)	NO (0)	Do you take medicine to help you sleep or improve your mood?	These medicines can sometimes increase your chance of falling.
YES (1)	NO (0)	Do you often feel sad or depressed?	Symptoms of depression, such as not feeling well or feeling slowed down, are linked to falls.
Total	—	Add up the number of points for each "yes" answer. If you scored 4 points or more, you may be at risk for falling. Please review physical activity options on the reverse side of this handout with your doctor to see if the Healthy Aging Association programs are right for you.	