

Action You Can Take To Prevent Falls

- 1. Exercise! Focus on strength and resistance training.** The Healthy Aging Association offers Young at Heart Fitness Classes to help build strength, flexibility, and balance, call **(209) 618-4720** to start exercising this week.
- 2. Wear proper footwear.** Find shoes that will not cause you to slip or trip by making sure they are supportive, have a strap to secure the ankle and do not have a heel.
- 3. Have your vision and hearing checked regularly.** It is recommended that you get your vision and hearing checked at least once a year.
- 4. Talk with your doctor & review medications.** Always tell your doctor if you have experienced a fall since your last check up. Review your medications with your doctor or pharmacist to discuss potential side effects.
- 5. Evaluate your home.** Use a “Home Safety Checklist” to assess your home and reduce fall risks. Visit www.healthyagingassociation.org to download one today.

For All Your Fall Prevention Needs!

Outreach, in-home assessments, and education provided by:

Healthy Aging Association

(209) 618-4720

www.healthyagingassociation.org

Provides evidence-based fall prevention programs Young at Heart Strength Training & A Matter of Balance



Installation of injury prevention accessories provided by:

Home Safety Service!

www.homesafety.net



Funding by:

U.S. Department of Housing and Urban Development (HUD) Older Adults Home Modification Program



We have resources for ALL!

If you are in need of fall prevention resources or group presentations on fall prevention, please call (209) 618-4720 to get resources to help you prevent falls.

Online Resources

www.cdc.gov/steady

www.ncoa.org

February 2026

Take Action to Prevent Falls Today!



Aging in Place - Dignity At Home Fall Prevention Program Purpose to reduce the number of debilitating falls suffered by older adults in Stanislaus County

To begin the process or for fall prevention education or additional information call

(209) 618-4720

healthy.aging2000@gmail.com
[www.healthyagingassociation.org/prevent falls](http://www.healthyagingassociation.org/prevent-falls)

*Aging in Place
Dignity At Home
Program Guidelines*

Requirements for 2025-2026

1. **At least 62 years of age**
2. **Income Eligibility**
 - **One Person - \$55,200 Annually**
 - **Two Persons - \$63,050 Annually**
3. **Have had a fall or be at risk for falling**

To start the process to determine your fall risk call Healthy Aging Association at (209) 618-4720

Did You Know?

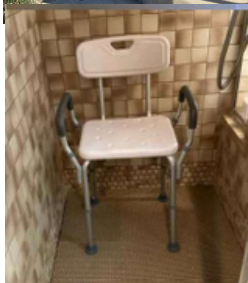
- More than 1 in 4 older adults fall each year.
- Most falls occur in or around the home.
- 1 in 5 falls result in serious injuries such as broken bones, a head injury, or even death.
- Falls are preventable!

FALLS ARE PREVENTABLE!

The Aging in Place/Dignity At Home program provides home assessments, fall prevention education, and injury prevention accessories to qualifying individuals 62 and older who are at risk of falling in Stanislaus County.

Aging in Place/Dignity At Home Process With Healthy Aging Association

- The Healthy Aging Association schedules a fall hazard assessment in your home by a Certified Aging in Place Specialist and overseen by an Occupational Therapist.
 - Based on the assessment, Home Safety Services may install injury prevention accessories.



Potential Injury Prevention Accessories

- Grab Bars
- Hand Rails
- Bed Rails
- Toilet Safety Frames
- Toilet Seat Riser
- Shower Chair
- Transfer Bench
- Removable Showerhead/Bracket
- Threshold Ramp
- Wheelchair Ramp
- Non-slip Bath Mat

