

# Walking with Confidence

According to the Center for Disease Control, falls are the leading cause of fatal and non-fatal injuries for adults 65+<sup>1</sup>. However, studies indicate that

## Falls Are Not A Normal Part of Aging<sup>2</sup>.

Many factors can affect a person's balance, consequently contributing to the likelihood of falling and injury. The National Council on Aging has curated a simple six-step approach to help prevent falls<sup>3</sup> and encourage individuals to walk with confidence:

**Step One: Find a Balance and Exercise Program.** *Look no further than our own center, because we offer two fantastic free evidenced-based programs available to all of our members. Look on the back of this sheet for more information. Then talk with your health care provider to find out if these programs are right for you!*

**Step Two: Talk to Your Health Care Provider.** *Ask them for an assessment of your risk of falling. How stable do you feel going up and down stairs or on uneven surfaces? Is it becoming more difficult to stand up or do you feel light-headed? Do you feel out of breath easily? It is very important to let your doctor know your concerns. You can be your best advocate!*

**Step Three: Regularly Review Your Medications with Your Doctor or Pharmacist.** *This step is crucial – members at our center have found certain medications affected their balance negatively in the past. Be sure to watch our calendars for our health fair and Lunch and Learn on Drug Interactions.*

**Step Four: Get Your Vision and Hearing Checked Annually and Update Your Eyeglasses.**

**Step Five: Keep Your Home Safe. Remove Tripping Hazards, increase Lighting, Make Stairs Safe, and install Grab Bars in Key Areas.**

**Step Six: Talk to Your Family Members. Enlist their support in taking simple steps to stay safe. Falls are not just a seniors' issue!**

One of our main goals at the center is to help you to not only become stronger, but also to maintain your balance in order to lessen the likelihood of injury and keep you healthy and independent! Step into the center and find a community that will support you to reach your goals with confidence!

1 & 2: <https://www.cdc.gov/features/older-adult-falls/index.html>,

3: <https://www.ncoa.org/healthy-aging/falls-prevention/preventing-falls-tips-for-older-adults-and-caregivers/take-control-of-your-health-6-steps-to-prevent-a-fall/>

## **Stronger Together at the Town of Arlington Senior Citizens Center**

### **Two Evidenced-Based Fitness Programs:**

**S.A.I.L.—Stay Active & Independent for Life**

**Offered at our Center Three Times a Week!**

Incorporates Movement, Strength, Balance & Flexibility

Can Be Done Seated, Standing, or Both

Can Be Adapted to Your Fitness Level

Fitness Checks at Regular Intervals Throughout the Year



**Tai Chi for Balance and Fall Prevention**

**Offered at our Center Twice a Week!**

The National Council on Aging Reports Tai Chi Has Been Shown to:

Improve Balance

Increase Leg Strength

Improve Mobility

“Most beneficial as a way to reduce fall risk when practiced for at least 50 hours cumulatively. This could mean taking a one-hour class twice a week for six months or three times a week for four months. When a person stops practicing Tai Chi, the physical benefits slowly disappear over time.”

More information on Tai Chi can be found at the link below:

<https://www.ncoa.org/wp-content/uploads/Tai-Chi-for-Falls-Prevention.pdf>