

# FALLS FREE CHECKUP



YOU CAN PREVENT FALLS | **ncoa**

## Virginia Falls Prevention Awareness Week Virtual Events

<https://youtu.be/VELQhPAAUhg>

**Bingocize®**: Learn more about participating in this evidence-based falls prevention program for older adults across the spectrum of care with Dr. Jason Crandall. Bingocize® is an evidence-based 10-week program that combines a bingo-like game with exercise and health education. The game is fun, familiar, and done in a group setting. The program has been shown to increase older adults' functional fitness, health knowledge, and social engagement in a variety of settings. A mobile app version is also available.

<https://youtu.be/4-ZtrDrn1Q>

**Falls Prevention Idea Exchange**: will provide strategies for reducing falls from Matter of Balance Master Trainers Kathy Brown and Joyce Nussbaum and share your own ideas for falls prevention.

[https://www.youtube.com/watch?v=elpin0J0zSg&feature=emb\\_logo](https://www.youtube.com/watch?v=elpin0J0zSg&feature=emb_logo)

**Lower Body Exercises for Every Fitness Level for Fall Prevention** with Dr. Jennifer Hoffman PT, DPT

[https://youtu.be/tRvOPMv\\_Mlg](https://youtu.be/tRvOPMv_Mlg)

**Tai Chi for Arthritis for Fall Prevention**: This CDC recognized, evidence-based program has been researched found in addition to aiding in the reduction of pain, that it reduced the rate of falls. Learn more about the program and a simple move/form that is a major player in all of the Tai Chi for Health forms.

<https://youtu.be/mUhr4Dg2sf8>

**Prevention Begins with Fall Risk Factors Assessment** with Dr. Julia Castleberry will emphasize the importance of identifying fall risk factors. Learn how medications, vitals, and movement, as well as arthritis, strength, and speed, impact an individual's risk for falls. This presentation also brings to light the fall risk factors of low vision, fear of falling, obesity, and obstructive sleep apnea. Fall risk screenings need to be updated, and fall risk assessments will be discussed and the information presented has immediate application and impact on fall risk prevention.

<https://youtu.be/d0694fcbeWM>

**Walk with Ease** with Mona Burwell, Arthritis Program Coordinator with the Virginia Department of Health, will provide techniques on how to build and maintain a successful walking program that can easily be integrated into your community or workplace environment virtually. Using the Arthritis Foundation Enhance Self-Directed Walk With Ease program (WWE) platform. This CDC, evidence-based arthritis approved walking program. Has been effective in increasing balance, reducing pain, improving mental health, flexibility, and overall physical health. While walking is the central activity, Enhance Self-guided WWE is a multi-component program that includes 6 weekly motivational emails and chats with a live WWE leader to address health education, strengthening, stretching exercises, and motivational strategies.

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[https://youtu.be/\\_c7VXtl-8k](https://youtu.be/_c7VXtl-8k)

Stay Active and Independent for Life (SAIL) with Linda Watkins will provide information about strength, balance and fitness, the single most important activity adults 65 and older can do to stay active and reduce their chances of falling. The entire curriculum of activities in the Stay Active and Independent for Life (SAIL) program can help improve strength and balance, if done regularly.

<https://youtu.be/bPaC6VsjDhM>

Using Assistive Technology to Prevent Falls with Sonja Schaible and Robin Ramsey will provide examples about various AT devices that can aid in prevention of falls; how to use F.R.E.E. and VATS as community resources; and outcome data to prove the impact AT has in fall prevention. Sonya is with Virginia Dept. for Aging and Rehabilitative Services and Virginia Assistive Technology System and Robin is with F.R.E.E. – Foundation for Rehabilitation Equipment & Endowment.

<https://youtu.be/8JTDRYSnjxk>

Stay on Your Feet! Aging in Place with Charles Hendricks with Gaines Group Architects. This session will look at typical home modifications, changes, technology, and opportunities to promote Aging in Place helping you stay on your feet. Topics will include Universal Design, Indoor Air Quality, energy efficiency, solar pv, home modifications, technology, and typical challenges in homes that prevent aging in place.