



## Are you heading for a fall?

Like many people, you may not realize you are at risk for being injured by a fall. Yet, according to the CDC, falls remain the #1 cause of injury-related death for people over age 65. Moreover, one out of four older adults fall each year. You might think that falls only happen to frail, older adults, or that falls are a normal part of aging. Don't let these myths keep you from learning how to prevent falls.

If you answer "yes" to the following, it's time to take steps to prevent falls with the Faith Community Nurse Network:

- Are you concerned about falls?
- Have you fallen in the past?
- Do you want to improve your strength and balance?



Our mission is to advance faith community nursing by providing a whole-person approach to individual and population health. Health promotion and disease prevention are at the core of faith community nursing practice.

Our evidence-based programs are held in partnership with Juniper and are supported by a Live Well at Home grant from the Minnesota Department of Human Services.

FAITH COMMUNITY NURSE NETWORK



of the Greater Twin Cities



# Prevent Falls

WITH THE

FAITH COMMUNITY NURSE NETWORK



of the Greater Twin Cities

[www.fcnnctc.org/workshops](http://www.fcnnctc.org/workshops)

651-204-0904



## Stepping On

**Developed and tested** originally in Australia, this program has been adapted in the U.S. with a proven 30% reduction in falls

**Workshop length:** 1 session per week for 7 weeks + Booster session

**Led by** two trained facilitators, a physical therapist, pharmacist, vision expert, and community safety expert

**Designed for** people over age 60 who live at home or in an independent apartment

**Program emphasis:** awareness of risk factors and essential exercises for falls prevention



## A Matter of Balance

**Developed and tested** by Boston University

**Workshop length:** 1 session per week for 8 weeks

**Led by** two trained facilitators and one guest health professional

**Inclusive program designed for** people over age 60 who are able to problem solve. Exercises may be adapted to a seated position.

**Program emphasis:** physical activity and practical strategies to reduce the fear of falling



## Tai Ji Quan: Moving for Better Balance

**Developed and tested** at the Oregon Research Institute with up to a 50% reduction in falls

**Workshop length:** 2 sessions per week for 12 weeks

**Led by** one trained leader

**Designed for** people over age 60 of all ability levels

**Program emphasis:** exercise class using slow gentle movements to improve balance and function mobility, strengthen muscles and increase flexibility

*“I came away with such a positive attitude and so much more knowledge about preventing falls!”*

**Find a workshop near you by visiting [www.fcnn.org/workshops](http://www.fcnn.org/workshops)**

or contacting the Faith Community Nurse Network office at 651-204-0904