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Region IV Area Agency on Aging celebrates Falls Prevention Awareness Week with resources, classes

ST. JOSEPH — Did you know that falling is not a normal part of aging?

Older adults can prevent falls by doing the right exercises, making their home safer, getting regular health checkups, and utilizing Region IV Area Agency on Aging's (AAA) falls prevention resources.

Sept. 22-26, 2025, is National Falls Prevention Awareness Week and AAA is celebrating by bringing awareness to the leading cause of injury for adults 65+.

The week is a nationwide observance with state coalitions and partners to raise awareness on preventing falls, reducing the risk of falls, and helping older adults live without fear of falling.

AAA is hosting its award-winning falls prevention class, A Matter of Balance, 1-3 p.m. Tuesdays, Oct. 7 through Dec. 2, 2025, (No class on Veterans Day) at Area Agency on Aging, 2900 Lakeview Ave., St. Joseph.

This 8-week evidence-based class is designed to manage falls and increase activity levels. Participants will learn how to view falls as controllable; set goals for increasing activity; make changes to reduce fall risks at home; and exercise to increase strength and balance.

The class is free with a \$20 book fee. Scholarships are always available. People can sign up online at <https://campusforcreativeaging.org/classes/> or by calling Julie at 269-982-7759.

At AAA, people can also get connected to a variety of assistive devices, like fall buttons and grab bars, by calling the Info-Line for Aging & Disability: 1-800-654-2810. This line connects you with local specialists who will listen to your question and help you find the answers.

Articles and videos about footwear and health conditions that can cause falls are available on our website, <https://areaagencyonaging.org/falls-prevention/>.

Those enrolled in our MI Choice Waiver and other community-based long-term care programs are provided falls assessments by care managers and community health workers on a regular basis.

In addition, AAA will be celebrating Falls Prevention Awareness Week with a special email newsletter and social media campaign. Visit www.AreaAgencyonAging.org to learn more.

For more information about Area Agency on Aging supports and services for older adults, people with disabilities and caregivers in Southwest Michigan, including how you or a loved one can remain living independently in your home, call the Info-Line at 800-654-2810.

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About Area Agency on Aging

Region IV Area Agency on Aging has been serving Southwest Michigan with aging and disability services for over 50 years. RIV AAA is a private, not-for-profit corporation. Established in 1974 for the business of developing age supportive commerce and services, it plays a major role in planning, funding, and delivery of a host of services. Empowerment and independence of community members are driving themes behind its efforts. Designated by the State of Michigan to receive federal Older Americans Act funds for planning and development, the agency manages an array of government contracts for service delivery in Southwest Michigan. Its primary service area includes Berrien, Cass, and Van Buren counties. For more information, visit www.areaagencyonaging.org.