



Area Agency on Aging, Inc.

SPECIALISTS IN AGING

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Area Agency on Aging Commemorates Falls Prevention Awareness Week

The Region IV Area Agency on Aging (RIV AAA) is committed to empowering all older adults in Berrien, Cass, and Van Buren Counties to experience healthy aging and stay falls free. To support increased community awareness and knowledge for action, we are partnering with the National Council on Aging (NCOA) and many other aging network partners and providers to **mark Falls Prevention Awareness Week on September 18-24, 2022.**

This is a perfect opportunity for older adults and caregivers in our community to learn how to prevent falls and take steps to reduce their risk. RIV AAA is advancing the nationwide campaign by distributing critical resources across social media, on-site at the Campus for Creative Aging, in partnership with community health providers, and by providing evidence-based falls prevention classes like **Matter of Balance.**

“It is important that older adults and their care partners are informed and empowered to enjoy their life in Michigan year-round without the fear of falling and the toll falls may take on their quality of life or independence,” says Christine Vanlandingham, CEO at Region IV Area Agency on Aging. “Through evidence-based programs such as Matter of Balance and care partner resources like Trualta, we strive to equip community members, older adults and care partners with tools and knowledge for preventing falls and aging well with dignity and independence across the lifespan.

Falling is NOT a normal part of aging. However, falls remain a leading cause of injury for older adults and can not only threaten their safety and independence, but can also cost individuals and families a lot personally (physical, social, emotional health) and financially. However, falls can be prevented with small lifestyle adjustments, clinical-community partnerships, and evidence-based falls prevention programs.

(cont.)



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Falls prevention is a team effort. It's important that people in our community know that they and their loved ones can take a few simple steps to be safe from falls:

- The Campus for Creative Aging presents [A MATTER OF BALANCE](#) beginning October 3, 2022. A Matter of Balance is a 6-week award-winning program designed to manage falls and increase activity levels.
- Available at no cost, older adults can complete a short survey online that screens for the most common falls risk factors and be immediately connected to more information. The online [Falls Risk Assessment Tool](#) is available in English and [Spanish](#).
- Visit the [Region IV Area Agency on Aging website](#) for more information about Falls Prevention Awareness week, class offerings, and other resources available for older adults in the community.
- Visit the [National Council on Aging website for Falls Prevention Week](#) tips, articles, and infographics.

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About Region IV Area Agency on Aging

Region IV Area Agency on Aging offers choices for independent lives and performs three primary activities: (1) Advocates on behalf of older and disabled persons; (2) Identifies needs of the elderly and disabled and creates plans for meeting those needs through a system of in-home and community services to enable people to maintain their independence and dignity; (3) Administers federal, state, local, and private funds to support those services.

About National Council on Aging

The National Council on Aging (NCOA) is the national voice for every person's right to age well. We believe that how we age should not be determined by gender, color, sexuality, income, or zip code. Working with thousands of national and local partners, we provide resources, tools, best practices, and advocacy to ensure every person can age with health and financial security. Founded in 1950, we are the oldest national organization focused on older adults.

Learn more at ncoa.org and [@NCOAging](https://www.instagram.com/NCOAging).