

REACHING FOR A Falls Free FLORIDA

Evidence-Based Falls Prevention Programs



**A MATTER OF
BALANCE**

A MATTER OF BALANCE is an eight-week structured group intervention that emphasizes practical strategies to reduce fear of falling and increase activity levels. Participants learn to view falls and fear of falling as controllable, set realistic goals to increase activity, change their environment to reduce fall risk factors, and exercise to increase strength and balance.

**STAY ACTIVE AND
INDEPENDENT FOR
LIFE (SAIL)** is a strength, balance, and fitness program for adults 65



**Stay Active
& Independent
for Life (SAIL)**

and older. Performing exercises that improve strength, balance, and fitness is the single most important activity that adults can do to stay active and reduce their chance of falling. The entire curriculum of activities in the SAIL program can help improve strength and balance, if done regularly. SAIL is offered three times a week in a one-hour class. SAIL exercises can be done standing or sitting. The primary target audience is community-dwelling older adults (65+) and people with a history of falls. The SAIL program can accommodate people with a mild level of mobility difficulty (e.g., people who are occasional cane users).



BINGOCIZE is a 10-week program that combines the game of bingo with exercise, and health education. Groups of participants play Bingocize® twice per week, in 45-60-minute sessions and benefit from exercises for range of motion, balance, muscle strengthening, and endurance. Health benefits include increased social engagement, improved brain function, and improved knowledge of falls risk reduction and nutrition.



ENHANCE FITNESS is a low-cost, evidence-based, group falls prevention and physical activity program developed specifically for older adults. The exercises have been packaged into a formal regimen focusing on four key areas important to the health and fitness of mature participants: low impact cardiovascular; dynamic/static balance work, strength training, and stretching. Classes meet for one hour three times a week and provide social stimulation, as well as physical benefits.

TAI CHI FOR ARTHRITIS is led by a Tai Chi for Health Institute Board certified instructor, with each session including the following:



- Warm-up and cool-down exercises;
- One or two movements per lesson, progressively leading to completing the six basic core movements and six advanced extension movements;
- Breathing techniques; and
- Tai Chi principles including those relating to improving physical and mental balance.

Tai Chi for Arthritis helps people with arthritis to improve all muscular strength, flexibility, balance, stamina, and more. Participants attend a minimum of 16 hours of tai chi lessons—one hour per week for 16 weeks or two hours per week for eight weeks.



TAI JI QUAN: MOVING FOR BETTER BALANCE™ is delivered in two one-hour sessions each week for 24 weeks. Each session consists of warm-up

exercises; core practices, including a mix of practice of forms, variations of forms, and mini-therapeutic movements; and brief cool-down exercises. Participants improve strength, balance, mobility, and daily functioning, and the sessions help prevent falls in older adults and individuals with balance disorders.

STEPPING ON is a seven-week program designed for people who are living at home and have experienced a fall or are concerned about falling. The program is provided in a group setting with individual follow-up. Topics covered include fall risks, strength and balance exercises, home hazards, safe footwear, vision, safety in public places, community mobility, coping after a fall, and how to initiate a medication review. Participants learn how to implement lifestyle changes to stay independent, upright, and active.

Stepping On

For more information about programs in your area, contact your local Area Agency on Aging.

PSA 1 Northwest Florida Area Agency on Aging
Phone: (850) 494-7101
Escambia, Okaloosa, Santa Rosa, and Walton

PSA 2 Advantage Aging Solutions
Phone: (850) 488-0055
Bay, Calhoun, Franklin, Gadsden, Gulf, Holmes, Jackson, Jefferson, Leon, Liberty, Madison, Taylor, Wakulla, and Washington

PSA 3 Elder Options
Phone: (352) 378-6649
Alachua, Bradford, Citrus, Columbia, Dixie, Gilchrist, Hamilton, Hernando, Lafayette, Lake, Levy, Marion, Putnam, Sumter, Suwannee, and Union

PSA 4 ElderSource
Phone: (904) 391-6600
Baker, Clay, Duval, Flagler, Nassau, St. Johns, and Volusia

PSA 5 Area Agency on Aging of Pasco-Pinellas.
Phone: (727) 570-9696
Pasco and Pinellas

PSA 6 Senior Connection Center
Phone: (813) 740-3888
Hardee, Highlands, Hillsborough, Manatee, and Polk

PSA 7 Senior Resource Alliance
Phone: (407) 514-1800
Brevard, Orange, Osceola, and Seminole

PSA 8 Area Agency on Aging for Southwest Florida
Phone: (239) 652-6900
Charlotte, Collier, DeSoto, Glades, Hendry, Lee, and Sarasota

PSA 9 Area Agency on Aging of Palm Beach/Treasure Coast
Phone: (561) 684-5885
Indian River, Martin, Okeechobee, Palm Beach, and St. Lucie

PSA 10 Aging and Disability Resource Center of Broward County
Phone: (954) 745-9567
Broward

PSA 11 Alliance for Aging
Phone: (305) 670-6500
Miami-Dade and Monroe