



A MATTER OF BALANCE
MANAGING CONCERNS ABOUT FALLS



Dignity Health
Sequoia Hospital



Stanford
HEALTH CARE
STANFORD MEDICINE

<p><u>Fall Prevention Coalition of San Mateo County</u> www.SMCFallPrevention.org 1-844-NoFalls or 1-844-663-2557</p>	<p><u>Enhance Fitness Classes</u> offered at the following YMCAs: SF 415- 777-9622, Peninsula 650- 286-9622, Sequoia 650-368-4168, East Palo Alto 650-328-9622, Palo Alto YMCA 650-856-9622 and Fair Oaks 780-7525 (taught in Spanish)</p>
<p><u>Farewell To Falls Program – FREE</u> To set up an in home visit: 650-724-9369</p>	<p><u>Matter Of Balance Classes- FREE</u> Sequoia Health and Wellness To register: 650-367-5998 More class in South Bay Area: Mountain View 650-969-9622, Los Altos 650-947-2797 and Palo Alto 650-856-9622</p>
<p><u>Stop Falls California</u> www.StopFallsCalifornia.org For more information and to find classes or fall prevention coalitions in your area.</p>	<p><u>Stepping On Program</u> No classes funded for 2019 in SM County</p>

A Matter of Balance is an evidence- program that is geared to the older adult who may have a fear of falling. The program utilizes a curriculum that includes lectures, group discussions, role playing and other techniques, as well as regular exercises as part of each class session. Participants meet for eight, two-hour sessions at community locations.

Farewell to Falls is a free, home-based, multi-faceted fall prevention program that provides two home visits to older adults. An Occupational Therapist assesses the older adult’s strength and balance, medication management, home safety and other factors that contribute to fall risk. Participants receive a call monthly. Call 650-724-9369 to schedule a visit.

Enhance Fitness is an evidence-based group falls prevention and physical activity program developed specifically for older adults. The Fall Prevention Coalition of San Mateo County views this program as a great follow-up program after taking Stepping On or Matter of Balance.

Stepping On is an evidence-based program for older adults at risk for falls. Developed in Australia, this program has been shown to reduce falls by 31%. Learn strength and balance exercises, discuss risk factors such as home safety and footwear and hear from professionals about medications, vision and more. Guest speakers include a physical therapist, pharmacist, and vision specialist. A home visit is also offered as part of this program.