

FALLS PREVENTION WEEK

SEPT. 17-21, 2018



SCHEDULE OF EVENTS

Here are some simple tips to help you prevent a fall:



STAY PHYSICALLY ACTIVE

Build balance, strength and flexibility.



REVIEW MEDICATIONS

Learn about possible side effects.



HAVE YOUR VISION AND HEARING TESTED

Keep eyeglass prescriptions up-to-date.



KEEP YOUR HOME SAFE

Do a home safety check.



TALK TO YOUR DOCTOR & FAMILY

Ask for a falls risk assessment and ask for help preventing falls.



GET ADEQUATE SLEEP

You are more likely to fall if you are tired.



LIMIT ALCOHOL INTAKE

Even small amounts of alcohol can affect your balance and reflexes.



STAND UP SLOWLY

Avoid quick changes in position.



USE ASSISTIVE DEVICES

Walking sticks, hiking poles and walkers can help keep you steady.



CHOOSE PROPER FOOTWEAR

Avoid smooth-soled or backless shoes.



USE CARE WALKING ON ICY OR WET SURFACES

Put down salt or sand at entrances.

*Every second an older adult falls. More than seven million of those falls required medical treatment or restricted activity for a least one day. More than 27,000 older adults died last year as a result of a fall—that means 74 older adults EVERY DAY!**

Falls can have serious impacts in terms of long-term health, day-to-day function, and independence. The good news is that falls are NOT an inevitable consequence of getting older and MANY falls can be prevented.

Sept. 17 - 21 is Falls Prevention Week, sponsored by the Boulder County Partners for Falls Prevention. We hope you will take advantage of the many programs being offered throughout the county. This is an opportunity to learn how to prevent a fall from “Changing Your Life.”

**According to the Centers for Disease Control*

For more information:

Boulder County Area Agency on Aging
303-441-3599
www.bouldercountyhealthyaging.org

For additional resources:

National Institute on Aging
nia.nih.gov
nia.nih.gov/espanol

National Council on Aging
ncoa.org/healthy-aging/falls-prevention/

Centers for Disease Control
cdc.gov/injury

Colorado Department of Public Health & Environment
colorado.gov/pacific/cdphe/fallsprevention

Monday, September 17

ACTIVITY	TIME	PRESENTER	LOCATION	INFORMATION
Falls Awareness Learning Lab	9 - 10 a.m.	ManorCare Staff	ManorCare	303-440-9100
Staying Safe at Home	9:30 - 10:30 a.m.	Karla Hale	Longmont Senior Center	303-651-8411
I've Fallen and I CAN Get Up*	10 - 11:30 a.m.	Sarah Griffith, PT, DPT	Lashley St. Station, Longmont	303-651-8411
Falls Awareness Learning Lab	11 - 12:45 p.m.	Boulder County AAA Staff	West Boulder Senior Center	303-441-3148
Don't Let Joint Pain Hold You Back*	1 - 2 p.m.	Brian Blackwood, MD	West Boulder Senior Center	303-441-3148
Healthy Feet	1:30 - 3 p.m.	Laura Olinger	Kestrel	720-630-0280
Balance Class	2 - 3 p.m.	Leora Garcia, MS, OTR/L	Golden West/ Aspen Room Penthouse	303-939-0876
Hearing, Vision, Agility and Risk Factor Assessments; Medication Review, Falls Awareness Learning Lab	2 - 4 p.m.	Heide Barrowman, Dinah Pollard, Good Samaritan Medical Staff	Lafayette Senior Center	303-661-1491
Defying Gravity: What's Your Balance Like?	3-4 p.m.	Frasier Meadows Clinical Staff	Frasier Meadows/ Classroom B	720-562-4416

* Pre-Registration Required

Tuesday, September 18

ACTIVITY	TIME	PRESENTER	LOCATION	INFORMATION
T'ai Chi in the Park*	10 - 11 a.m.	Steve Arney	West Boulder Senior Center, grassy area near Boulder Creek	303-441-3148
Falls Awareness Learning Lab	10 a.m. - 12:30 p.m.	Boulder County AAA Staff	Frasier Meadows Main Lobby	720-562-4416
Blood Pressure and Blood Glucose Checks Omni VR demo (Virtual reality to check balance)	11 a.m. - noon	ManorCare Staff	ManorCare	303-440-9100
How to Prevent Falls BEFORE They Happen	1 - 2 p.m.	Christa Pavlus, OTR	Golden West/ Aspen Room Penthouse	303-939-0876
Falls Awareness Learning Lab	1:30 - 2:30 p.m.	Boulder County AAA Staff	East Boulder Senior Center	303-441-4150
Fix It Walkers/ Wheelchairs	2 - 4 p.m.	Cultivate Staff	Golden West	303-939-0876
Getting off the Ground, Vision Experience, Walk the Block; Walker and Cane Adjustments	2 - 4 p.m.	Heide Barrowman, Dinah Pollard, Good Samaratin Medical Staff	Lafayette Senior Center	303-661-1491
The Science of Falls Prevention*	3 - 4 p.m.	Nathan Estrada, DPT	East Boulder Senior Center	303-441-4150
Tai Chi Demo	4 - 4:30 p.m.	Wendy Christ	Frasier Meadows/ Classroom A	720-562-4416

* Pre-Registration Required

Wednesday, September 19

ACTIVITY	TIME	PRESENTER	LOCATION	INFORMATION
Falls Awareness Learning Lab	10 - 11:30 a.m.	Boulder County AAA Staff	Longmont Senior Center	303-651-8411
Falls Awareness Learning Lab	12:30 - 1:30 p.m.	Boulder County AAA Staff	Walt Self Apartments	303-823-8250
Falls Prevention Refresher	12:30 - 1 p.m.	Serene Karplus	Nederland Community Center	303-258-0799
I've Fallen and I CAN Get Up	3:00 p.m.	Leora Garcia, MS, OTRL/ Guy Love, PTA	Golden West/1st Floor Dining Room	303-939-0876
Fear of Falling Talk and Discussion	3 - 4 p.m.	Hannah Wemhoff	Frasier Meadows/4th Floor Assembly Room	720-562-4416
Fear of Falling Discussion & Falls Awareness Learning Lab	3 - 4 p.m.	Melissa Pruitt	High Mar	720-473-4477



Come try our interactive Falls Awareness Learning Lab to learn about the many ways you can prevent a fall.

Thursday, September 20

ACTIVITY	TIME	PRESENTER	LOCATION	INFORMATION
Balance Screening and Assessments*	9 - noon	Summit Rehab at Life Care staff	Longmont Senior Center	303-651-8411
Falls Prevention Awareness: Interactive Display and Discussion**	11 a.m. - 12:30 p.m.	Good Samaritan Medical Staff/ Boulder County AAA Staff	Erie Senior Center	303-926-2795
PWR! Moves class & Parkinson's, Balance and Gait discussion	11:30 a.m. - 12:15 p.m.	Amy Miller	Frasier Meadows/ Classroom A	720-562-4416
Balance! Where and when YOU want!	1 - 2 p.m.	Lynne DuGuay	Frasier Meadows/ Classroom B	720-562-4416
Falls Prevention: Urologic Conditions*	1:30 - 3 p.m.	Carolyn Fronczak, MD	East Boulder Senior Center	303-441-4150
Falls Prevention Strategies Balance/Falls Screenings	1:30 - 3 p.m.	Bayada Therapy Staff	The Peaks at Old Laramie Trail	303-440-6050
Bone Builders and Bone Breakers! and Falls Prevention Learning Lab	1:30 - 4:30 p.m.	Helen Dohrman/ Boulder County AAA	Natural Grocers	303-926-1600
Balance Class	2 - 3 p.m.	Leora Garcia, MS, OTRL/Guy Love, PTA	Golden West/ Aspen Room Penthouse	303-939-0876
Matter of Balance Demo (Spanish)	2:30 - 3:30 p.m.	Boulder County AAA Staff	Lashley St. Station	303-651-8414

* Pre-Registration Required

**Pre-registration Required for lunch

Friday, September 21

ACTIVITY	TIME	PRESENTER	LOCATION	INFORMATION
Screenings: Posture, Memory, Home Safety, Falls Awareness Learning Lab	9 a.m. - 1 p.m.	Boulder Community Therapy Staff Boulder County AAA	Boulder Community Health Medical Pavillion	303-415-4212 bchlectures.org/falls
FallProof™ Class*	9 - 9:45 a.m.	Boulder Community Therapy Staff	Boulder Community Health Medical Pavillion	303-415-4212 bchlectures.org/falls
Falls Associated with Hearing Loss	9:15 - 9:45 a.m.	Aimee Langlois, Ph.D.	Boulder Community Health Medical Pavillion	303-415-4212 bchlectures.org/falls
Tai Chi Class*	10 - 10:45 a.m.	Boulder Community Therapy Staff	Boulder Community Health Medical Pavillion	303-415-4212 bchlectures.org/falls
Falls Associated with Hearing Loss	10:15 - 10:45 a.m.	Aimee Langlois, Ph.D.	Boulder Community Health Medical Pavillion	303-415-4212 bchlectures.org/falls
I've Fallen and I Can Get Up	11 - 11:30 a.m.	Nicole Barabas	Frasier Meadows/ Classroom A	720-562-4416
FallProof™*	11- 11:45 a.m.	Boulder Community Therapy Staff	Boulder Community Health Medical Pavillion	303-415-4212 bchlectures.org/falls
Falls Associated with Hearing Loss	11:15 - 11:45 a.m.	Aimee Langlois, Ph.D.	Boulder Community Health Medical Pavillion	303-415-4212 bchlectures.org/falls
Tai Chi Class*	12 - 12:45 p.m.	Boulder Community Therapy Staff	Boulder Community Health Medical Pavillion	303-415-4212 bchlectures.org/falls

* Pre-Registration Required

Friday, September 21

ACTIVITY	TIME	PRESENTER	LOCATION	INFORMATION
DIY--Make Your Home Safer with Free and Low Cost Fixes You Can Do Yourself	1 - 2 p.m.	Sarah Griffith	Longmont Senior Center	303-651-8411
Feet*	1 -3 p.m.	Laura Olinger	West Boulder Senior Center	303-441-3148

* Pre-Registration Required

Matter of Balance Class Schedule



A Matter of Balance is a health education class designed to reduce the fear of falling and increase activity levels.

Tuesdays Sept. 25 – Nov. 12	1 – 3 p.m.	Longmont Senior Center 910 Longs Peak Ave.	303-441-3599 mpruitt@bouldercounty.org
Thursdays, Sept. 27 – Nov. 15	1 – 3 p.m.	Lafayette Senior Center 103 S. Iowa Ave.	303-441-3599 mpruitt@bouldercounty.org
Thursdays, Sept. 27 – Nov. 15 (* in Spanish)	1 – 3 p.m.	Lashley St. Station, 1200 Lashley St., Longmont	303-651-8414

Matter of Balance classes are offered by Boulder County Area Agency on Aging. These classes are offered without charge to Boulder County residents 60 and over and their caregivers.

Location Addresses

Boulder Community Health,
Broadway Campus
Gene Wilson Rooms, Ground Floor,
Medical Pavilion
1155 Alpine Avenue, Boulder
303-415-4212

East Boulder Senior Center
5660 Sioux Drive, Boulder
303-441-4150

Erie Senior Center
450 Powers Street, Erie
303-926-2795

Frasier Meadows Retirement
Community
350 Ponca Place, Boulder
720-562-4416

Golden West
1055 Adams Circle, Boulder
303-939-0876

High Mar Apartments
4990 Moorhead Avenue, Boulder
303-999-9058

Josephine Commons
455 N. Burlington Avenue, Lafayette
303-519-7152

Kestrel
1130 South Kestrel Lane, Louisville
720-630-0280

Lafayette Senior Center
103 S. Iowa, Lafayette
303-661-1492

Lashley Street Station
1200 Lashley St., Longmont
303-661-1492

Longmont Senior Center
910 Longs Peak Avenue, Longmont
303-651-8411

ManorCare
2800 Palo Pkwy., Boulder
303-440-9100

The Peaks at Old Laramie Trail
660 Old Laramie Trail, Lafayette
303-440-6050

Walt Self Community Room
335 Railroad Ave., Lyons
303-823-8250

Natural Grocers
100 W. South Boulder Road
Lafayette
303-926-1600

West Boulder Senior Center
909 Arapahoe, Boulder
303-441-3148

BOULDER COUNTY PARTNERS FOR FALLS PREVENTION

Allenspark Senior Advisory Council
Audio Information Network
Boulder County Area Agency on Aging
Bayada Senior Living Solutions
Boulder Community Health
Boulder County Housing and Human Services
Boulder Housing Partners
Cabrera Consulting and Occupational Therapy Services
Coal Creek Meals on Wheels
City of Boulder Senior Services
City of Lafayette Senior Center
City of Longmont Senior Center
City of Louisville Senior Center
Cultivate
Family Hearing Centers
50 Plus Market Place News
Frasier Meadows Retirement Community
Germaine Weaver, PT /Integrative Physical Therapy
Home Instead Senior Care
Hudson Integrative Health + Home
Legacy Healthcare Services
Lifeline of Boulder County
Longmont Meals on Wheels
Move Mōr™ by Resistance Dynamics
Meals on Wheels of Boulder
Natural Grocers
Nederland Area Seniors
SCL Health, Good Samaritan Medical Center
The Peaks at Old Laramie Trail
The Summit Rehab at Life Care Center of Longmont
The Town of Erie
The Town of Lyons
The Town of Superior

For more information call 303-441-3599
www.BoulderCountyHealthyAging.org



1 in 4 Americans 65+ falls each year. You don't have to be a statistic.



Learn how you can prevent a fall from "Changing Your Life."



Programs & Services for Healthy Living
303-441-3599
www.BoulderCountyHealthyAging.org