

The Facts:

- ✓ Falls are the leading cause of accidental injury in older adults.
- ✓ Every year, one-third to one-half of the population age 65 and over experience a fall.
- ✓ Half of the elderly that fall do so repeatedly.
- ✓ Falls account for more than 200,000 hip fractures annually.
- ✓ Loss of balance is not just a “fact of life” as we grow older.
- ✓ Recent studies have shown that those most at risk of falling can often be identified and helped.
- ✓ Balance and mobility retraining can be instrumental in maintaining or re-establishing stability.
- ✓ Most falls can be prevented.



Pricing and Information:

- \$50 for 6 weekly classes scheduled Tuesdays and Thursdays.
- Erickson Advantage — Class is free the first time and then \$50 for any additional classes.
- Classes are held in the Group Exercise room at the Fitness Center, in Charlestown Square.
- Classes designed to strengthen those weak muscles while training your vision, vestibular (inner ear) and somatosensory systems, all of which contribute to falls.
- This class will help you with your fear of falling and also help prevent your falls.

Balance and Mobility Training

at

CHARLESTOWN

A multi-dimensional approach to the assessment and treatment of balance-related problems

For more information, contact:

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Sharing our gifts to create a

community that celebrates life.

Balance & Mobility Training at Charlestown is scientifically tested and shown to improve balance and mobility and to reduce the risk of falls.

The Balance Program is specifically designed to address the multiple dimensions that contribute to balance and mobility. Classes include:

- Screening with Pre- and Post- Assessment Testing & Interval Testing
- Center of Gravity Control Training
- Postural Strategy Training
- Gait Pattern Enhancement & Variation Training
- Strength & Flexibility Training

Benefits:

The Balance program has proven to reduce the risk of falling in participants who have completed one or more rotations of the program.

The goal of The Balance Program is to:

- Improve postural alignment
- Increase limits of stability
- Improve integration of sensory information

- Increase confidence
- Improve performance of activities of daily life
- Heighten awareness of risk factors and circumstances that lead to falls
- Improve walking ability
- Improve ability to recover from loss of balance

The Balance Program offers you an opportunity to maintain the fullest possible participation in life's activities with less fear of injury.

Are you a Balance Program Candidate?

A person is a good candidate for the Balance Program if he or she:

- Exhibits balance impairment, history of falls, fear of falling, frailty, restricts activities
- Complains of instability during daily activities
- Suffer from medical conditions that compromise balance and mobility
- Able to stand independently for a minimum of two minutes.
- Able to safely ambulate a distance of 200 feet without the use of any assistive device

ive device

- Has no cognitive impairment likely to adversely impact judgment and/or decision-making abilities
- Does not have any unstable medical condition (e.g., uncontrolled diabetes, cardiovascular disease, high blood pressure, or asthma)

Instructors Who Teach Fall Prevention

- Qualified Professionals who complete a rigorous certification program
- Trained to administer the appropriate multi-dimensional assessment tests
- Understand the various body systems that contribute to balance and mobility and the common age-related changes occurring in each of those systems
- Address both internal and external risk factors known to be strongly associated with increased incidence of falls.