

Keep Moving & Stay Active

With a Proven Fall Prevention Program!

According to the National Council on Aging

In 2013, the total cost of fall injuries was \$34 billion (78% paid by Medicare)
This total cost was expected to reach \$67.7 billion in 2020.

Even falls without injury can cause fear of falling, leading to physical decline, depression, and social isolation .

- **1 in 4 Americans** aged 65+ falls each year
- **Every 11 seconds**, an older adult is treated in the emergency room for a fall
- **Every 19 minutes**, an older adult dies from a fall

Don't let the fear of falling keep you from the activities you enjoy. Falls can be prevented. Fall prevention programs are the answer. Choose the right one for you.



Illinois Pathways
to Health
by AgeOptions

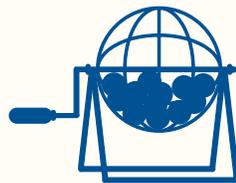
Illinois Pathways to health Fall Prevention Programs



A Matter of Balance

Designed to improved balance, flexibility and strength while viewing falls as controllable.

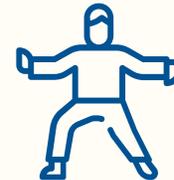
- View falls and fear of falling as controllable
- Set realistic goals for increasing activity
- Make changes to reduce fall risks at home
- Exercise to increase strength and balance



Bingocize

Combines a bingo-like game with exercise and health education.

- Improved lower/upper body strength, gait, balance, and range of motion
- Improved cognitive function
- Increased social engagement
- Improved knowledge of falls risk reduction and other important health topics



Tai Chi for Arthritis

Slow and relaxing exercise that can improve balance, relieve pain, and improve health and ability to do things.

- Improve balance, muscular strength, mobility, and flexibility
- Improve psychological health
- Decrease pain
- Prevent falls
- Build confidence and have fun

Contact the Health Promotion Team at AgeOptions at (800)699-9043 or email info@ilpathwaystohealth.org

This workshop is open to any resident in the State of Illinois except for residents of the following counties: Boone, Carroll, DeKalb, Lee, Ogle, Jo Daviess, Stephenson, Whiteside, and Winnebago.

This project was supported in part by grant number 90FPSG0030-01-01 from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects with government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official ACL policy.