

Human Services Agency
Area Agency on Aging

Fall Prevention Program and Evidence Based Classes



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Fall Prevention Program at VCAAA

- The Fall Prevention Program works in conjunction with the Elderly Fall Prevention Coalition under the leadership of Dr. Thomas Duncan
- Core components of the program consist of short-term Case Management Services and Evidence Based Fall Prevention classes

Program Goals

- Prevent falls and reduce the reoccurrence of falls among seniors in Ventura County
- Help seniors maintain their independence at home

Case Management Services

- Offers individualized support to seniors and their families that have recently experienced a fall
- We do this through the provision of information, resources, referrals and education through Evidence-Based classes

Fall Prevention Program Referrals

- Seniors 65 and older are referred to the Fall Prevention Program at VCAAA after experiencing a ground level fall in their home
- Additional qualifiers are that the senior was seen by Ventura County Emergency Medical Services or partnering hospitals VCMC, CMH, OVH



Once an individual is referred to the program the Fall Prevention Program Coordinator reaches out via phonecall and conducts a risk assessment

This assessment is used to guide intervention and support services to each client based on their individual needs

Referrals and Services Provided



- Community and agency resources
 - Public Health nurses
 - Home modifications
- Home Safety Evaluations
 - Monthly check-in calls
- Evidence Based Fall Prevention Classes

Evidence Based Fall Prevention Classes

- Provide education to help reduce the risk of falls and maintain independence at home
- All classes are free of charge
- Geared towards Ventura County residents 60 and older

Evidence Based Classes

The VCAAA offers five evidence-based fall prevention classes:

- Matter of Balance
 - Bingocize
- Tai Chi: Moving for Better Balance
 - Walk with Ease
 - Stepping-On

Matter of Balance

- 8 weeks, 2 hours per week, includes chair-based exercises
- Designed for those 60 and older who are inactive with poor balance, who have fallen, and who may have developed a fear of falling
- Participants should expect to begin an easy-to-do exercise regimen to improve balance, strength, flexibility, and self-confidence



Bingocize



- 10 weeks, twice a week for an hour
- This class is designed for individuals who are mildly active and developed a fear of falling
- Participants should expect to play bingo, answer trivia questions, and participate in seated and standing exercises
- For the best outcome, participants should be willing to practice exercises at home

Walk with Ease

- 6-week structured walking program
- An individual works up to walking a minimum of 30 minutes per day, three days per week
- In addition to walking, other program components include health information, motivational tips, helpful tools, and other exercises



Stepping-On

- 7 week, 2 hour class that offers presentations from subject matter experts
- This class is designed for individuals who are mild to moderately active and may have developed a fear of falling.
- Participants should expect a conversation-based setting while completing seated and standing exercises with the gradual use of leg weights both in class and at home.

Guest Experts

- physical therapist teaches strength and balance exercises
- vision expert provided information linking vision and falls
- pharmacist shares how medications affect a person's risk for falls
- public safety expert discusses avoiding falls in public

Home Safety Evaluations

- As part of the Stepping-On class series, all participants are offered a home safety evaluation from Fall Prevention Program Coordinator
- Provide guidance on how to mitigate specific fall risks and hazards in home

Tai Chi: Moving for Better Balance



- 12 weeks (twice weekly), 1.5-hours each class
- This class is designed for individuals who are moderately active and have developed a fear of falling
- Participants should expect to participate in slow and controlled seated or standing movements
- TCMBB has been proven to increase strength, stamina, mindfulness, body awareness, and provide better balance

What can YOU do?

- Take an evidence-based fall prevention class!
- Do your own home safety evaluation
- Communicate!



For More Information Contact:

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