

Fall Prevention Classes



COUNTY of VENTURA
Human Services Agency
Area Agency on Aging

The Ventura County Fall Prevention Program — presented by the Area Agency on Aging, a department of the Human Services Agency — strives to assist adults 60 and older in maintaining their independence at home. A good method of preventing a fall is to participate in one of our FREE evidence-based classes.

Bingocize

10-week series (twice weekly) — 1 hour per session

This class is designed for individuals who are mildly active and have fallen or have developed a fear of falling. Participants should expect to play bingo, answer trivia questions, and participate in seated and standing exercises with the willingness to practice at home. Participants with mild cognitive impairments may be eligible.



A Matter of Balance

8-week series (once weekly) — 2 hours per session

This class is designed for individuals who are mildly active and have fallen or have developed a fear of falling. Participants should expect a conversation-based setting while completing beginner-friendly seated and standing exercises. Exercises focus on improving balance, strength, flexibility, and self-confidence. Participants cannot have cognitive impairments.



Stepping On

7-week series (once weekly) — 2 hours per session

This class is designed for individuals who are mild to moderately active and have fallen or have developed a fear of falling. Participants should expect a conversation-based setting while completing standing and seated exercises with gradual use of leg weights both in class and at home. Participants cannot have cognitive impairments or be dependent upon a walker.

Participants have access to:

- A physical therapist who teaches strength and balance exercises
- A vision expert who provides information linking vision issues to falls
- A public safety expert who discusses avoiding falls in public
- A pharmacist who explains how medications affect a person's risk of falls



Walk With Ease

6-week series (three times weekly) — 1 hour per session

This class is designed for individuals who are mildly active and have fallen or developed a fear of falling. Participants should expect motivational tips on how to exercise with arthritis while working up to their daily walking goal. Participants cannot have cognitive impairments.



Tai Chi: Moving for Better Balance

12-week series (twice weekly) — 1.5 hours per session

This class is designed for individuals who are moderately active and have fallen or developed a fear of falling. Participants should expect to participate in slow and controlled seated or standing movements. Exercises focus on improving strength, stamina, balance, and body awareness. Participants cannot have cognitive impairments.



**To sign up for one of the Fall Prevention Program's evidence-based classes, please call (805) 477-7300, option 6.
Learn more at vcaa.org/falls**