



Arlington Neighborhood Villages

Making Arlington your home for a lifetime

Arlington Neighborhood Villages Announces Program to Help Residents Avoid Falls

Fall is just around the corner, but *falls* shouldn't be around the corner for older adults. That's why Arlington Neighborhood Villages is joining forces with the National Council on Aging to celebrate Fall Prevention Awareness Day on this first day of Fall. This year's theme, *Take a Stand to Prevent Falls*, seeks to raise awareness about how to prevent fall-related injuries among older adults.

Some Sobering Facts:

- One of three adults over 65 falls each year.
- Falls are the leading cause of both fatal and nonfatal injuries among older adults.
- 20-30% of people who fall suffer injuries that make it difficult to live independently.
- 25,000 older adults die each year from a fall – 1 every 20 minutes.

Falls are not an inevitable part of aging. The Centers for Disease Control and Prevention notes that multi-component programs that address the various sources of risk and promote behavior changes can significantly reduce falls.

Arlington Neighborhood Villages announces the launch of a comprehensive program to help Arlington residents assess and reduce their risk of falling. Developed in cooperation with Marymount University's Malek School of Health Professions and Nonprofit Resource Center, AARP, and other partners, this program will help participants develop and implement a personalized fall prevention plan.

It will include:

- Introduction to why people fall
- A personal fall risk assessment
- Exercise groups and t'ai chi practice
- In-home safety assessment
- Seminars on managing medications, home safety, and nutrition for a healthy and active lifestyle
- Hands-on demonstration of fall-prevention exercises
- Discussion of overcoming barriers to implementing a personal plan

Arlington Neighborhood Villages is a nonprofit organization dedicated to enabling older residents of Arlington County to continue living in their homes and communities as they age. Marymount University is a comprehensive Catholic University located in Arlington and committed to intellectual curiosity, service to others, and global perspective.

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