



Keeping Texans Standing Tall

TEXAS ASSOCIATION OF AREA AGENCIES ON AGING

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Texas Falls Prevention Coalition Meeting June 24, 2010 in San Antonio

To register, please click on the following link or copy and paste into your <https://training.capcog.org/>

Falls Week September 20-24, 2010

Again this year, we are observing Fall Prevention Awareness Week September 20-24, 2010. Each day will focus on a specific topic Home Safety, Physical Activity, Medication Management, Family Awareness and A Matter of Balance. If you need more information or assistance in planning fall awareness events, please contact Reuben Parrish at rparrish@capcog.org, or by telephone at 512-916-6182.



Better Balance Certification

There are caregivers, home health aides, nurses and others who take care of mature aging adults in the home. Each of these groups receive training in a variety of topics. Additional training is always a benefit for anyone providing direct care. A joint project by the National Council on Aging and the PHI have developed an enhanced training for home health aides. This training provides aides caring for their clients ways to reduce falls and minimize injury to their clients. Specifically, participants build on their existing knowledge and skills by strengthening their "observe, record, report" skills and by developing communication skills that help them address with their clients how to reduce the risk of falling.

<http://www.betterbalancefallprevention.com/Index.html>

**AMOB Promotional
Materials available on
www.texasfpc.org**

Osteoporosis and Falls

As people fall, they may fracture or break a bone or experience another type of injury. With a broken bone, people may often be unaware of the link between the break and the bone disease called osteoporosis. People never know that they may have the disease unless they are given a bone density test. This disease usually is not diagnose soon because it progresses without symptoms. Not knowing can be extremely dangerous and can even lead to death. To know further on how to improve bone density, click on the following link http://www.niams.nih.gov/health_info/bone/osteoporosis/fracture/preventing_falls.asp

Martial Arts Training for Falls

Many years people practiced the sacred art of Tai Chi and Qui Chong. In the past several years this art has been taught to older adults to help in the prevention of falls. Although, now in a recent study A published in the journal *BMC Research Notes* has found that martial arts training can help individuals with osteoporosis reduce injuries from falls as well as falls in general. Click on the following link for more on the study

<http://www.biomedcentral.com/1756-0500/3/111>