



NEWS RELEASE

FOR IMMEDIATE RELEASE

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VCAAA offers free fall prevention workshops for Ventura County residents

Ventura, Calif. – The Ventura County Area Agency on Aging is offering *Stepping On*, a series of free fall prevention workshops for seniors 65 and older at the VCAAA's headquarters in Ventura. The seven week series begins Friday, April 8, from 9 a.m. – 11 a.m., and will be offered every Friday through May 20.

As part of the VCAAA's Fall Prevention Program, *Stepping On* was established to arm seniors with the tools necessary to prevent falls. Topics will include simple and fun balance and strength training; the role vision plays in maintaining balance; how medications can contribute to falls; strategies to keep from falling when out in the community; safe footwear; and how to eliminate fall hazards in the home. The workshops are led by a health professional and a peer leader, as well as local guest experts in fall prevention.

Nationally recognized research shows that one in three adults over the age of 65, and half of the population over the age of 75, fall each year. Of those individuals, half will die within a year from complications and injuries sustained from the fall.

Stepping On welcomes individuals 65 and older who may have had a recent fall, who are fearful of falling, and who live at home. For specific participation requirements, or to register for the workshops, please contact VCAAA Fall Prevention Coordinator, Dina Ontiveras, at (805) 477-7343.

The Ventura County Area Agency on Aging, an agency of the County of Ventura, is the principal agency in Ventura County charged with the responsibility to promote the development and implementation of a comprehensive coordinated system of care that enables older individuals and their caregivers to live in a community-based setting and to advocate for the needs of those 60 years of age and older in the county, providing leadership and promoting citizen involvement in the planning process as well as in the delivery of services.

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