

SOUTHERN CHAPTER ARIZONA FALLS PREVENTION COALITION FALLS PREVENTION RESOURCES IN PIMA COUNTY

Programs with a Focus on Falls Prevention

- A Matter of Balance: An evidence-based 8-session class conducted over a four week period by a trained facilitator. Participants learn to view falls and fear of falling as controllable, set realistic goals to increase activity, change their environment to reduce fall risk-factors and exercise to increase strength and balance. Classes are designed for a small group of 8 to 15 participants and are scheduled throughout the year in a variety of community settings. Call Pima Council on Aging at (520) 305-3410 for additional information and to register for a class.
- SHiM (Safety and Health in Motion): A fall prevention program provided for Green Valley and Sahuarita residents through a collaborative partnership between Valley Assistance Services, Green Valley Fire District and the Green Valley Council. This program brings all the components of fall prevention into one program, initiated through an in-home safety assessment conducted by a nurse and Fire Corps member. The assessment team identify fall risks, health conditions and medications that affect balance, encourage communication with your physician and connect you to community resources. Call Valley Assistance Services at (520) 625-5966 for additional information and to schedule an appointment.
- Golder Ranch Fire District offers residents a home safety review. A fire inspector can visit a resident's home to identify slip, trip and fall hazards. If you live within the boundaries of the Golder Ranch Fire District call (520) 818-1017 to schedule a free home safety review.
- Drexel Heights Fire District offers a FREE Senior Safety Academy every winter. This program meets for four sessions and each session is 2½ hours. One session focuses solely on fall prevention and balance. The other sessions cover topics like fire safety, health concerns and scams that target seniors. For more program information, contact DHFD at (520) 883-4341 or visit www.drexelfire.org.
- Rincon Valley Fire District offers residents a Home Fire and Life Safety Inspection covering fall, slip and trip hazards. If you live within the boundaries of the Fire District, call (520) 647-3760 to schedule a home safety review.

Physical Activity Programs

- Enhance Fitness: A low cost, evidence-based, on-going falls prevention and physical activity program developed specifically for older adults. Classes meet three times a week, an hour each session and are taught by a certified fitness instructor. The exercises focus on strength training, flexibility, balance and low impact cardiovascular work. Classes are lively, interactive and can be taken seated or standing. A sturdy chair and soft weight cuffs are provided. Call Pima Council on Aging at (520) 305-3410 to register for classes held at Clements Center, El Pueblo Center, Udall Center, El Rio Center, Donna Liggins Center, and TMC Senior Services. Call Pima County Parks and Recreation at (520) 724-5000 for classes held at Drexel Heights Center, Picture Rocks Center and Ellie Towne Center.

- Tai Chi for Arthritis for Fall Prevention: An ancient exercise practice, Tai Chi includes gentle movement, a focus on posture, and natural breathing. It has become known as “medication in motion” due to the health benefits participants experience. Tai Chi for Arthritis for Fall Prevention has been shown in many scientific studies to help people improve balance and prevent falls.

Classes are safe, effective and enjoyable and are provided by Tai Chi for Health Institute Master Trainer Heather Chalon and a team of certified instructors in Southern Arizona. As Tai Chi is meant to be practiced regularly as a lifestyle, exercises can be modified to support each participant, including for seated participants, while developing strength, agility, improved overall fitness and sense of well-being. Classes can be found throughout the greater Tucson area by visiting www.heatherchalon.com or emailing heather@heatherchalon.com or by calling (520) 780-5751.

- SilverSneakers® Fitness Program: Created by Healthways, this fitness program is designed solely for older adults and offered through many Medicare plans. The program provides free basic gym membership at participating locations, specific SilverSneakers® class formats designed for older adults, and health education seminars. If you aren't sure if your health plan offers the SilverSneakers® Fitness Program, call SilverSneakers® at 1-866-584-7389 between 8 A.M. and 8 P.M. eastern time or visit their website at www.silversneakers.com. They can also tell you which gyms in your area participate in the program. If your Medicare plan does not offer SilverSneakers®, you may still be able to participate in some SilverSneakers® classes by paying for basic membership at a gym that offers them. Check with your local gym for availability.
- Aquatic Programs: Edith Ball Adaptive Recreation Center: This center offers an indoor warm water therapy pool that helps individuals with a range of conditions, including decreased range of motion/flexibility and arthritis pain. Located at Reid Park. Call for more information: (520) 791-5643.

- YMCA Neighborhood locations offer exercise programs:

Lighthouse/City YMCA	2900 N. Columbus	(520) 795-9725
Ott Family YMCA	401 S. Prudence	(520) 885-2317
Mulcahy/City YMCA	5085 S. Nogales Hwy.	(520) 294-1449
Northwest YMCA	7770 N. Shannon Rd.	(520) 229-9001
Lohse Family YMCA	60 W. Alameda	(520) 623-5200

- Parks and Recreation facilities:

City of Tucson: (520) 791-4873
www.tucsonaz.gov/parks

Pima County (520) 724-5000
webcms.pima.gov/government/natural_resources_parks_and_recreation

Green Valley: (520) 625-3440
www.gvrec.org

Town of Oro Valley: (520) 229-5050
www.orovalleyaz.gov

Town of Marana (520) 382-3485
www.maranaaz.gov/senior-program

Home Adaptations and Repairs

Organizations providing subsidized assistance have limited funds and specific eligibility criteria. Please call for additional information.

➤ **Pima Council on Aging (PCOA)**

(520) 790-7262

www.pcoa.org

- Home Repair Program: PCOA assists low-income homeowners 60 years of age or older with home adaptations, modifications and minor repairs, concentrating on correcting health and safety hazards and improving accessibility.
- List of Contractors: PCOA maintains a list of repair contractors and handymen who have good performance records.

Call PCOA for additional information or to have a list sent to you: (520) 790-7262.

➤ **Community Home Repair Projects of Arizona, Inc. (CHRP)**

(520) 745-2055

www.chrpaz.org

Provides home repairs and adaptations of a health or safety nature to qualifying low-income homeowners who have no other resources for help. Due to limited funding, they do not provide repairs that are not of a health or safety nature.

➤ **DIRECT Center for Independence, Inc.**

(520) 624-6452

www.directilc.org

Assists with disability adaptations, such as ramps and bathroom modifications, for low-income disabled individuals of any age. They also provide in-home assessments and recommendations for modifications.

➤ **Interfaith Community Services (ICS)**

(520) 297-6049

<http://icstucson.org>

Volunteers may be available in your area for small maintenance and repair tasks. Homeowners must supply materials and be registered with ICS to apply.

➤ **JFCS Southern Arizona**

(520) 795-0300 x2204

www.ifcstucson.org

Durable Medical Equipment. JFCS HoME Medical Equipment helps low-income people of all ages have access to home safety equipment and durable medical equipment. The program provides new durable medical equipment such as walkers, wheelchairs, grab bars, raised toilet seats, shower chairs and grab bars to improve mobility and home safety. Quick assessment process. *Funded by Pima County.*

➤ **Town of Marana Community Development Program**

(520) 382-1926

www.Marana.com

Marana's Housing Rehabilitation program offers low-income homeowners minor home repair and disability modification assistance. The program can provide improvements to increase handicapped accessibility to ensure a safe home environment. Homes must be located within the Town of Marana incorporated limits.

Other Health Related Programs

- **Chronic Pain Self-Management Program, also known as Healthy Living with Chronic Pain in Arizona:**

An evidence based workshop offered once a week for two and a half hours, for six weeks, in community settings such as senior centers, churches, libraries and hospitals. Workshops are facilitated by two trained leaders, one or both of whom are peers with chronic pain themselves. Topics include: 1) techniques to deal with problems such as frustration, fatigue, isolation, and poor sleep 2) appropriate exercise for maintaining and improving strength, flexibility, and endurance, 3) use of medications, 4) communicating effectively with family, friends, and health professionals, 5) nutrition, 6) pacing activity and rest, and, 7) how to evaluate new treatments. Classes are highly participative, where mutual support and success build the participants' confidence in their ability to manage their health and maintain active and fulfilling lives. Each participant in the workshop receives a copy of the *Living a Healthy Life with Chronic Pain Book* which includes a Moving Easy Program CD. Call Pima Council on Aging at (520) 305-3410 for additional information and to register for a class.

- **Chronic Disease Self-Management Program also referred to as Healthy Living with Ongoing Health Conditions:**

An evidence based six week self-management workshop that meets once a week, for two and a half hours per week. Workshops are held in community settings such as faith communities, senior centers and libraries. Class size is 12-20 participants. Each workshop is facilitated by two trained leaders following an established curriculum. This is not a lecture course; workshops are interactive with discussion encouraged. Caregivers or family members who serve as caregivers are welcomed.

The Workshop is designed to help people with ongoing health problems manage them more effectively. Anyone with a chronic condition (or an individual caring for someone with a chronic condition) such as diabetes, arthritis, heart disease, asthma, or any other on-going health problem should participate. Topics include: 1) techniques to deal with difficult emotions (frustration, fatigue, pain and isolation), 2) appropriate exercise for maintaining and improving strength, flexibility and endurance, 3) appropriate use of medications, 4) communicating effectively with family, friends and health professionals, 5) Nutrition, 6) understanding medications, 7) making informed treatment decisions.

These workshops are offered by Pima County Health Department, Tobacco and Chronic Disease Prevention Program and Pima Council on Aging.

- Call Pima County Health Department, Tobacco and Chronic Disease Prevention Program at (520) 724-7904 to register for County sponsored classes.
- Call Pima Council on Aging at (520) 305-3410 to register for PCOA sponsored classes.

- **Diabetes Self-Management Program (DSMP) also referred to as Healthy Living with Diabetes:**

An evidence based six week self-management workshop that meets once a week for 2.5 hours per week. People with type 2 diabetes are encouraged to attend the program. It is held in community settings such as community and senior centers, faith communities, libraries, hospitals, etc. Workshops are facilitated from a highly detailed manual by two trained lay leaders.

Topics include: 1) techniques to manage the symptoms of diabetes including fatigue, pain, hyper/hypoglycemia and stress; 2) dealing with emotional problems such as depression, anger, fear and frustration; 3) appropriate exercise for maintaining and improving strength and endurance; 4) healthy eating; 5) appropriate use of medications and 6) working more effectively with health care providers. Classes are highly participative, where mutual support and success build the participants' confidence in their ability to manage their health and maintain active and fulfilling lives. Each participant in the workshop receives a copy of the companion resource book, *Living a Healthy Life with Chronic Conditions*. Call Pima Council on Aging at (520) 305-3410 for additional information and to register for a class.

- Fracture Liaison Service, Department of Orthopedics, Banner University Medicine: An evidence based program designed to evaluate patients after a low energy fracture and help improve bone health. Low energy fractures typically occur from standing height or less, in situations that wouldn't normally cause fracture in an otherwise healthy bone, such as walking up or down stairs or picking something up from the floor. Evaluation at the clinic includes assessing for cause of fracture, such as osteoporosis. A full client history/assessment, labs, fall assessment, and DXA Bone Scan is performed, as indicated. Treatment may include education on diet, such as calcium and Vitamin D; lifestyle recommendations such as basic fall precautions, recommended physical activity, the importance of balance training, as well as local resources for classes and fall prevention programs; medications when appropriate, and referral to a specialist, if indicated. If medications are prescribed, patients are followed in the clinic per appropriated monitoring protocols, and managed accordingly. All treatment is communicated with the patient's Primary Health Care Providers to ensure proper coordination of care. For more information or to refer a client, please call the Fracture Liaison Service at (520) 694-8000, Program Coordinator Marcia Woodburn, AFACNP-C.
- Carondelet Neurological Institute Balance Center: Comprehensive evaluation and treatment for patients suffering from vertigo, dizziness, disequilibrium or frequent falls. Team of specialty trained audiologists, physical therapists and referring physicians collaborate to ensure the best possible outcome for patients.

Center utilizes state of the art technology and the latest assessment procedures to evaluate patients and create a personalized treatment program. Includes: Comprehensive Audiologic (Hearing) Evaluation; Computerized Dynamic Posturography (CDP); Cervical and Ocular Vestibular Evoked Myogenic Potentials (VEMPs); Videonystagmography (VNG); Auditory Brainstem Evoked Potentials (ABRs); Physical Therapy Evaluation (PT); Vestibular Rehabilitation (VRT). For more information or to make an appointment please call (520) 873-5631. Most insurance plans are accepted.