

Ask yourself:

Do you ever restrict your activities because you are afraid of falling?

Have you put off talking with your family or doctor about falling, even though you're concerned about it?

Do you believe you can change your risks for falling?



Don't let concerns about falling take control of your lifestyle!

You can decrease your risk of falling *and* continue the activities you enjoy.

SPARROW
REHABILITATION
SERVICES

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Working wonders through excellence, service, innovation, and caring



A MATTER
OF BALANCE

WORKING **SPARROW**
WONDERSSM

Sparrow Health System Inpatient Rehabilitation Department offers a fall prevention program. This program is designed to assist individuals to recognize fall risks and practical methods to reduce those risks. The Matter of Balance program consists of nine sessions using moderated group discussion and exercise.

Our program combines:

A Matter of Balance,[®]
an award-winning fall prevention program developed by the Roybal Center for Applied Gerontology.

Tai Chi for Arthritis,[®] an exercise program endorsed by the Arthritis Foundations of the United States, the United Kingdom and Australia.

You Should Know:

Tai Chi for Arthritis[®] is an exercise program *proven* to decrease falls. Dr. Paul Lam in Sydney, Australia, developed this style of Tai Chi. It differs from traditional styles of Tai Chi in that the movements are more fluid and less likely to cause muscle pain. The emphasis of *Tai Chi for Arthritis*[®] is exercising at a pace that feels and works best.

Our team is certified to instruct the *Tai Chi for Arthritis*[®] program and trained in *A Matter of Balance*[®].

Our team members:

Bob Osborn, CRRN

Mary Melzow, OTR

Amy Rowley, MPT

Angela Ellsworth, MPT



FALL PREVENTION PROGRAM

Goals:

- Identify fears and concerns about falling.
- Develop strategies for overcoming concerns about falling.
- Understand the effects of exercise in fall prevention.
- Identify risky areas in the environment and safety modifications.
- Understand how medical conditions and medications can cause falls.
- Establish an exercise program to use at home to decrease risk of falls.

Participants in this program participate in mild exercise. If you have any concerns, please discuss them with your physician prior to joining the class.

The healthcare professionals conducting this class offer general information and advice. They cannot diagnose new medical problems or recommend specific treatments for new or pre-existing problems. Specific questions regarding treatments are referred to the individual's primary caregiver.

*To register for this program
or for more information,
call Bob Osborn,
Sparrow Health System,
517.364.2092.*