



Balance Screenings for Older Adults

Provided by the: SAFE - Central Valley Coalition
A Consortium with Fresno State

Are you over 55? Do you have concerns about your balance or a fear of falling?

The screenings are held, *by appointment only*. You will be given multiple assessments to determine your strength, balance, and ultimately your risk for falling. A licensed physical therapist and nurse will be present for all testing. You will need to get a signed clearance from your physician, mailed once you make an appointment or downloadable at www.safecvc.org. Assessments take approximately 1 hour. At the end of the screening, all participants will receive education materials and recommendations based on the results of your assessment (see below). A \$10 suggested donation is appreciated as we are a non-profit organization.

Group FallProof™ Class. These courses are designed to increase and improve your balance and strength, reduce your risk of falls, and increase your confidence. FallProof™ was designed by Dr. Debra Rose with the Center for Successful Aging at California State University, Fullerton. This is a 12 week program (2x/week for 1 hour sessions) Class locations are off-campus with easily accessible parking. We also offer FallProof™ DVDs for you to work on exercises at home.

Home Exercise Program. Based on the findings from the fall prevention screening, individualized home exercise programs will be developed and reviewed with the client.

Community Classes. Various community recreation centers and fitness facilities in the Fresno and Clovis areas offer group exercise classes for seniors. They have been reviewed to determine the backgrounds of the instructors and the appropriateness of the activities for older adults. When warranted, participants who have completed a balance screening may be given a list of these facilities, activities and contact information. They may then voluntarily choose those deemed most appropriate.

Fresno State Community Health Nursing. Based on the findings from the fall prevention screening, nursing students will contact interested older adults to perform individualized home safety checks in their residences. Follow up visits can be scheduled for continued evaluation.

Gait, Balance, and Mobility Center. An 8 week program (2x/week for 1 hour sessions) offered during the academic year at Fresno State. The program is overseen by core-faculty members from the Physical Therapy Department and clinicians from the community. Graduate Doctor of Physical Therapy students along with faculty discuss each client's impairments and develop an individualized treatment plan that is carried out by the student.

**If you would like more information or make an appointment please contact
SAFE at 559-278-7539**