

Healthy Aging



Alliance for Aging, Inc.

Answers on Aging.

*Serving Miami-Dade and Monroe
Counties in South Florida*

Matter of Balance

What is A Matter of Balance?

- To reduce the fear of falling and increase the activity levels of older adults who have this concern.
- It is based upon research conducted by the Roybal Center for Enhancement of Late-Life Function at Boston University.

Who should attend A Matter of Balance?

The program was designed to benefit older adults who:

- Are concerned about falls.
- Have sustained a fall in the past.
- Restrict activities because of concerns about falling.
- Are interested in improving flexibility, balance and strength.
- Are age 60 or older, ambulatory and able to solve problems.

Number of Sessions

- Participants meet for two hours
- One day per week for eight weeks



**Chronic Disease
Self - Management Program**

Program Goals

- Enable people with chronic health conditions make positive changes in health care utilization, social activities, disability and reduce disease progression.
- Better communicate with health care providers
- Make fewer visits to doctors and emergency rooms

Diabetes, Living Healthy and Tomando Control

Programs are:

- Workshops given in English and Spanish for 2.5 hours, once a week, for 6 weeks, in senior centers, churches, libraries and hospitals. They are facilitated by 2 trained leaders, one or both of whom are non-health professionals with chronic diseases themselves.
- For people with different chronic health problems, such as arthritis, cancer, diabetes, heart disease and stroke attend together.

Information

For more information and leader
opportunities, please contact
Helena Hull or Ana Arias
at
305-670-6500 ext. 225 or 247

ELDER ABUSE

- Exploitation 16%
- Physical Injury 11%
- Substance Abuse 1%
- Neglect 55%
- Sexual Abuse 1%
- Mental Injury 6%

Signs of Abuse

- ❖ **Physical signs may include cuts, puncture wounds, burns, bruises, welts, dehydration or malnutrition, poor coloration, sunken eyes or cheeks, soiled clothing or bed, or lack of necessities such as food, water or utilities.**
- ❖ **Behavioral signs may include fear, anxiety, agitation, anger, isolation, withdrawal, depression, non-responsiveness, resignation, ambivalence, contradictory statements, implausible stories, hesitation to talk openly, confusion or disorientation.**

If you or someone you know suspect possible abuse or neglect of an elder, please do not hesitate to contact the Elder Abuse hotline at 1-800-96-ABUSE.

All calls will remain confidential and remember, it is always better proactive even if it may not result in a case. You lose nothing!