

DO YOU HAVE **concerns** about falling?



A MATTER OF
BALANCE

MANAGING CONCERNS ABOUT FALLS

Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.

This program emphasizes practical strategies for managing concerns about falls.

YOU WILL LEARN TO:

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength and balance

WHO SHOULD ATTEND?

- anyone 60 years and older who have concerns about falls
- anyone interested in improving balance, flexibility and strength
- anyone who has fallen in the past
- anyone who has restricted activities because of falling concerns

**Live Oak Village Apartments
is Hosting**

"A MATTER OF BALANCE"

August 1st thru August 24th

Tuesdays & Thursdays

10:00 AM- 12:00 Noon

2101 W. Wheeler

Aransas Pass, TX 78336

For Additional Information Contact:

AMY CAMPBELL (361) 758-6030

SYLVIA ALVARADO

(361) 883-3935 ext - 5333

sylvia@cbcogaaa.org

**THIS FREE EDUCATIONAL PROGRAM IS
BROUGHT TO YOU IN PARTNERSHIP WITH:**



CLASSES ARE FREE!



A Matter of Balance: Managing Concerns About Falls

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A Matter of Balance Lay Leader Model

Recognized for Innovation and Quality in Healthcare and Aging, 2006, American Society on Aging.

A Matter of Balance Lay Leader Model was developed by a grant from the Administration on Aging (#90AM2780).

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**Primera Iglesia Bautista
is Hosting**

"A MATTER OF BALANCE"

August 7th thru August 30th

Mondays & Wednesdays

9:30 AM – 11:30 AM

**526 N. Hwy. 359
Mathis, Texas**

For Additional Information Contact:

Virginia Longoria

Community-Based Program Manager
San Patricio County Department of Public Health
San Patricio County

Office: (361) 587-3541

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STATE OF TEXAS EMERGENCY ASSISTANCE REGISTRY (STEAR)

Do you or anyone you know need some form of assistance during times of an emergency/disaster event? The state of Texas offers Texans the option to register with the STEAR program, a FREE registry that provides local emergency planners and responders with additional information on the needs in their community.

(Texas communities use the registry information in different ways. Registering yourself in the STEAR registry DOES NOT guarantee that you will receive a specific service during an emergency. Available services will vary by community. For more information on how your community will use information in the STEAR registry, contact your local emergency management office.)

Who Should Register?

- People with Disabilities
- People with access and functional needs such as:
 - ♦ People who have limited mobility
 - ♦ People who have communication barriers
 - ♦ People who require additional medical assistance during an emergency event
 - ♦ People who require transportation assistance
 - ♦ People who require personal care assistance

How to Register

- <https://STEAR.dps.texas.gov>
- Dial 2-1-1 or use your video phone relay option of choice to contact 211
- Printed or electronic forms (Contact your local government)

Required Information to Register

- Name
- Address
- Phone Number
- Primary Language

Additional questions asked to capture vital information for local emergency planners and responders

- Emergency Contact Information
- Caregiver Information
- Pets
- Transportation assistance for home evacuation
- Communication Barriers
- Disability, Functional or Medical Needs

Registration is **VOLUNTARY**.

All of the information you provide will be kept **COMPLETELY CONFIDENTIAL**.

Local Emergency Management Office

REGISTRO PARA ASISTENCIA DE EMERGENCIA DEL ESTADO DE TEXAS (STEAR)

¿Necesita usted o alguien que conoce algún tipo de ayuda en caso de emergencia o desastre? El estado de Texas ofrece a los texanos la opción de inscribirse en el programa STEAR, un registro GRATIS que proporciona al personal local de emergencia y planificación información adicional sobre las necesidades de su comunidad.

(Las comunidades de Texas usan la información del registro de diferentes maneras. Inscribirse en el registro de STEAR NO ES una garantía de que recibirá un servicio específico durante una emergencia. Los servicios disponibles varían dependiendo de la comunidad. Para más información sobre cómo su comunidad usará la información en el registro STEAR, comuníquese con la oficina local de respuesta a emergencias.)

¿Quién debe inscribirse?

- Personas con discapacidades
- Personas con necesidades funcionales y de acceso:
- Personas con movilidad limitada
- Personas que tienen barreras de comunicación
- Personas que requieren ayuda médica adicional en caso de emergencia
 - ♦ Personas que requieren ayuda con el transporte
 - ♦ Personas que requieren ayuda de atención personal

Cómo inscribirse

- <https://STEAR.dps.texas.gov>
- Marque 211 o use la opción que prefiere de repetidor telefónico por video para comunicarse con 211
- Formas impresas o electrónicas (Comuníquese con el gobierno local)

Información obligatoria para inscribirse

- Nombre
- Dirección
- Teléfono
- Idioma principal

Preguntas adicionales que se hacen para recoger información clave para el personal local de emergencia y planificación

- Información de contacto de emergencia
- Información del cuidador
- Mascotas
- Ayuda con el transporte para la evacuación de la casa
- Barreras de comunicación
- Discapacidad y necesidades funcionales o médicas

Inscribirse es **VOLUNTARIO**.

Toda la información que nos dé se mantendrá **COMPLETAMENTE CONFIDENCIAL**.

Oficina local de respuesta a emergencias