



Compiled By: Region 4 Quality Council, Office of Clinical Quality Improvement (OCQI) – Department of Behavioral Health and Developmental Services (DBHDS)

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2025

Fall Prevention Health and Movement Resources

FOR CENTRAL VIRGINIA

OCQI | Office of Clinical Quality
Improvement

DBHDS Fall Prevention Resources



DBHDS Office of Integrated Health – Falls Educational Resources; Available at the following website under the “Educational Resource” section with the heading of “Falls.”
<https://dbhds.virginia.gov/office-of-integrated-health/>

Moving For Better Health Resource Guide
<https://dbhds.virginia.gov/wp-content/uploads/2022/04/Moving-for-Better-Health-Resources.pdf>

Movement-Improvement Checklist
<https://dbhds.virginia.gov/wp-content/uploads/2022/04/Movement-Improvement-Checklist.pdf>

Movement for Better Health Video
<https://youtu.be/0d07zy6gg8Q>

4. VA Department for Aging and Rehabilitative Services (DARS) - [The Division for Aging Services](#) – Falls Prevention Programs: A Matter of Balance and Bingocize.
Contact: Andi Platea, Prevention Programs Coordinator -aginginfo@dars.virginia.gov.
5. Virginia Department of Health (VDH) Arthritis webpage - [Tai Chi for Arthritis - Arthritis \(virginia.gov\)](#).
Program Resource: Walk with Ease, Tai chi for Arthritis, Chronic Disease Self-Management Program that includes stretching and meditation exercises.
Note: VDH Arthritis program has links to finding programs throughout Virginia embedded on the website pages, primarily through Unite Us.
6. Virginia Department of Health - Virginia Arthritis and Falls Prevention Coalition (VAFPC)
Website: <https://www.vdh.virginia.gov/arthritis/virginia-arthritis-coalition>
Note: The coalition does not provide programs directly to individuals but is support for agencies and staff to identify the various resources.



Health and Movement Resources

An activity resource guide for Central Virginia providers and individuals of developmental disability waiver services promoting strength, balance and fitness. These activities can help prevent falls and trips and have numerous other benefits to health and wellness.

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Fitness and Dance

Local fitness programs:

Miracles in Motion- dance

<https://www.miraclesinmotionva.org/>

Note: Virtual Format

River City Inclusive Gym

Offers classes, gymnastics, one on one work out sessions.

<https://www.rcig.org/>

Note: All Ages up to 46 yrs. old; All disabilities including Autism Spectrum; free trial class, reasonable prices, opportunities for 1:1 coaching and group classes; adaptive equipment.

Dance for All Bodies

Virtual platform

<https://www.danceforallbodies.org/>

Note: All abilities

Beyond Boundaries

Inclusive outdoor adventures for all.

<https://www.beyondboundariesrva.org/>

NOTE: Inexpensive, focus on inclusive socialism/community integration; partner with community providers for activities.

Jacobs Chance



Therapeutic Exercise and Fall Prevention Programs

All of the programs mentioned in the list below are evidence-based fall prevention programs. That means there is scientific evidence that they can help reduce the risk of falls.



Disability Navigator Search engine for any options all around Virginia: <https://disabilitynavigator.org/>

1. Senior Connections-Capital Area Agency on Aging, Inc. -SPAN - [Health/Wellness Classes – Senior Connections](#) Programs: A Matter of Balance, Tai Chi.
Counties Served: Charles City, Henrico, Goochland, Powhatan, Chesterfield, Hanover, & New Kent.
Cities Served: City of Richmond, Chester and Colonial Heights
Contact: Kathy Brown, KBrown@youraaa.org.
2. A Matter of Balance | IVPP | VCU Health - [A Matter of Balance | IVPP | VCU Health](#)
3. Richmond Aging & Engagement - 804-482-1103 – [Richmond Aging and Engaging - Art, Leisure & Recreation; Home | Bingocize](#)
Note: Exercises are good for everyone. Bingocize was created and geared towards older adults but is modifiable for any population served (permission given by their headquarters). Training opportunities for providers.

social activities, and more. Program occurs on a particular day of week as determined by the branch. The program is free for members and \$20 per month for non-members. Registration Required. Available at following sites: #8, #10, #14 and #17.

Notes:

1. <https://www.ymcarichmond.org/programs/health-and-fitness/aging-well>
2. Aging well program is not necessarily geared to those with ID or disabilities. It's primarily for the elderly. However, it can be very beneficial to the disabled, especially those that are fall risk.
3. Individuals with certain United Healthcare Medicare insurance plans can receive services at no additional costs. Those without UnitedHealthcare Medicare will require financial resources to cover membership fees and/or program/class costs.
4. Transportation needed to access services.
5. Not all programs/classes are available at all YMCA locations.

Inclusive fitness and Health ages 10-40

Athletic programs ages 5-40

Adventures for ages 5-40

<https://www.jacobschance.org/>

Note: Social groups

Sportable

Adaptive sports programs/leagues

<https://sportable.org/>

Note: All ages, all abilities (wheelchair & ambulatory sports).

Other Activities:

Resilient Martial Arts

<https://resilientmartialarts.com/program/spectrum-skillz/>

Special Olympics - <https://www.specialolympicsva.org/>

- Area 25-(Richmond), Area 31-(Charles City, Hanover, Henrico), Area 6 (Amelia, Chesterfield, Goochland, New Kent, Powhatan),
- Area 16 – (Brunswick, Colonial Heights, Dinwiddie, Emporia, Greenville, Hopewell, Nottaway, Petersburg, Prince George, Sussex)

SwimRVA - <https://swimrichmond.org/>;

[Autism Swim Lessons in Richmond, VA |](#)

Parks and Recreation

Chesterfield Parks and Rec

- <https://www.chesterfield.gov/150/Parks-and-Recreation>



Note: Therapeutic recreation options.

Dinwiddie Parks and Rec

- [https://www.dinwiddieva.us/298/Parks-Recreation – Fitness and Wellness; Recreation](https://www.dinwiddieva.us/298/Parks-Recreation-Fitness-and-Wellness-Recreation)

Note: Accessibility -Participants with disabilities should contact a staff member at the front desk for assistance in using the facilities.

Emporia-Greenville Parks and Rec

- https://www.greenvillecountyva.gov/discover_greenville/emporia-greenville_recreation_association.php

Prince George County Parks and Rec

- https://www.princegeorgecountyva.gov/residents/parks_and_recreation/index.php

Colonial Heights Parks and Rec

- <https://www.colonialheightsva.gov/1017/Recreation-Parks>

Note: Therapeutic recreation options.

Hopewell Parks and Rec

- <https://www.hopewellrecandparks.com/>

Petersburg Parks and Rec

- <https://www.petersburgva.gov/144/Recreation-Special-Events-Volunteerism>

Aqua Strides	This class is a fun, practical alternative or addition to jogging or walking on land. The water provides extra resistance while protecting you from injuries common to higher impact activities.	Included in membership fee
Aqua Pump	This class is designed to burn fat, strengthen muscles and build endurance utilizing a variety of equipment.	Included in membership fee
Silver Splash	Activate your aqua exercise urge for variety! Silver Splash offers lots of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required. A special Silver Splash kickboard is used to help develop strength, balance and coordination	Included in membership fee

Socialization Programs: Bingo, Crafts (scrapbooking, knitting, crocheting, and other arts and crafts), Events (plays, holiday parties, etc.), Lunch and Learns, Lunch and movie.

Aging Strong Program: Promotes socialization, mental fitness, and fall prevention for older adults

The Aging Strong Program provides Fitness, Fall Prevention, Connecting With Others, and Mental Fitness activities for seniors. Fitness and Fall Presentation is one hour and may include gentle group exercise class, Wellness Floor and, if applicable, Aquatics fitness or indoor track. Connecting with Others and Mental Fitness is one hour and may include interactive brain games, speakers, structured group

Gentle Cardio	A gentle aerobic workout that includes easy-to-follow, low-impact movement. This class may include balance, abdominal conditioning, stretching and/or relaxation exercises.	Included in membership fee
Gentle Fusion	A mix of cardio and strength exercises designed to be safe and gentle on the joints. A chair is offered for support if needed.	Included in membership fee
Gentle Yoga	A yoga class that offers a gentle form of yoga practice designed for beginners or those with a more meditative focus.	Included in membership fee
Zumba Gold	This dance fitness class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination.	Included in membership fee
Parkinson's Movement	Participants will engage in activities to maximize general range of motion and balance. Light weight training, free exercises, and balance training will be used to facilitate activities of daily living. <i>ONLY AT LOCATION #7.</i>	
Water-Based Fitness - Heated, indoor pools for group exercise classes in the water, easier on joints and muscles		
Aqua Arthritis	This class is designed to accommodate the abilities of individuals with arthritis and other related diseases by providing a workout to improve muscular strength, endurance and flexibility, and relieve symptoms of arthritis.	Included in membership fee

Goochland Parks and Rec

- <https://www.goochlandva.us/236/Parks-Recreation>

Hanover County Parks and Recreation -

<https://secure.rec1.com/VA/hanover-county-va/catalog>

Note: Therapeutic recreation programs include socialization programs.

Richmond Parks and Recreation - [Recreation | Richmond](#)

Catalog contains multiple therapeutic recreation programs.

Senior fitness (55 and over) chair aerobics, “just keep moving” cardio and strength, “chat and walk”.

Henrico Parks and Rec - [Recreation & Parks - Henrico County, Virginia](#); [Program search | Henrico County Recreation and Parks Online Registration](#)

Note: Multiple exercise, yoga, CIRCL mobility program. Special accommodations/Inclusion Services:

<https://henrico.gov/rec/special-accommodations-medication/>

YMCAs



Location, Region 4	YMCA Name	Phone	YMCA Address
1. Chesterfield	Chester Family YMCA	804-748-9622	3011 West Hundred Road, Chester, VA 23831
2. Chesterfield	Manchester YMCA	804-276-9622	7540 Hull Street Road, Richmond, VA 23235
3. Chesterfield	Midlothian Family YMCA	804-379-5668	737 Coalfield Road, Midlothian, VA 23114
4. Chesterfield	Swift Creek Family YMCA	804-595-9622	15800 Hampton Park Drive, Chesterfield, VA 23832
5. District 19	Petersburg Family YMCA	804-733-9333	120 North Madison Street, Petersburg, VA 23803
6. Goochland-Powhatan	Elizabeth Randolph Lewis Powhatan YMCA	804-598-0250	2269 Mann Road, Powhatan, VA 23139
7. Goochland-Powhatan	Goochland Family YMCA	804-556-9887	1800 Dickinson Road, Richmond, VA 23063
8. Hanover	Atlee Station Family YMCA	804-427-9622	8017 Rutland Center Boulevard
9. Hanover	Patrick Henry Family YMCA	804-798-0057	217 Ashcake Road, Ashland, VA 23005

10. Hanover	Shady Grove Family YMCA	804-270-3866	11255 Nuckols Road, Glen Allen, VA 23059
11. Henrico	Chickahominy Family YMCA	804-737-9622	5401 Whiteside Road, Sandston, VA 23150
12. Henrico	Frank J. Thorton YMCA Aquatics Center	804-918-7433	3201 Watts Lane, Richmond, VA 23223
13. Henrico	John Rolfe Family YMCA	804-360-8767	2244 John Rolfe Pkwy, Henrico, VA 23233
14. Henrico	Tuckahoe Family YMCA	804-740-9622	9211 Patterson Ave, Henrico, VA 23229
15. Richmond	10th Street YMCA	804-200-6070	919 E Main Street, Richmond, VA 23219
16. Richmond	Downtown Richmond YMCA	804-644-9622	2 W Franklin Street, Richmond, VA 23220
17. Richmond	Northside Family YMCA	804-329-9622	4207 Old Brook Road, Richmond, VA 23227

Available Programing at YMCAs

Land-Based Fitness: Low-impact exercise

Event	Description	Notes
Gentle Strength	Increase muscular strength, range of movement and activities for daily living in this gentle strength class with a chair as an option.	