



# Falls Prevention: Resources for Health and Fitness

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Region 4

Why Focus on Falls?

Data about Fitness and People with Developmental Disabilities

Evidence-based Fall Prevention Programs

- Bingocize –, Richmond Aging and Engaging
- A Matter of Balance –Department of Aging and Rehabilitative Services
- Walk With Ease and Tai Chi: Virginia Department of Health

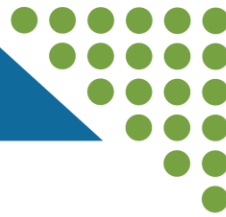
Other Fall Prevention Resources

Q&A

Please take time to do the Evaluation!

The Virginia Department of Behavioral Health and Developmental Disabilities (DBHDS) defines a fall as any situation in which someone descends (or falls) suddenly or involuntarily toward a lower surface or the ground.



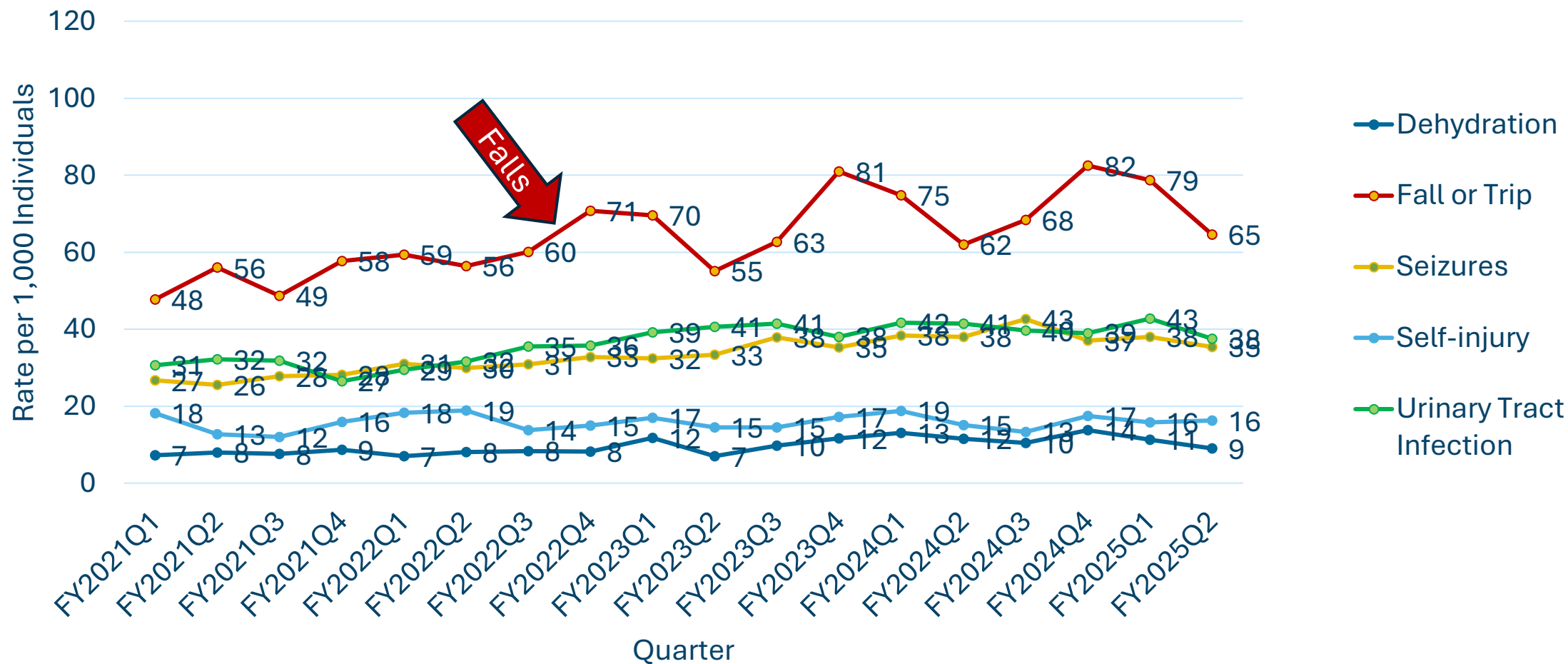


## Why Focus on Falls?



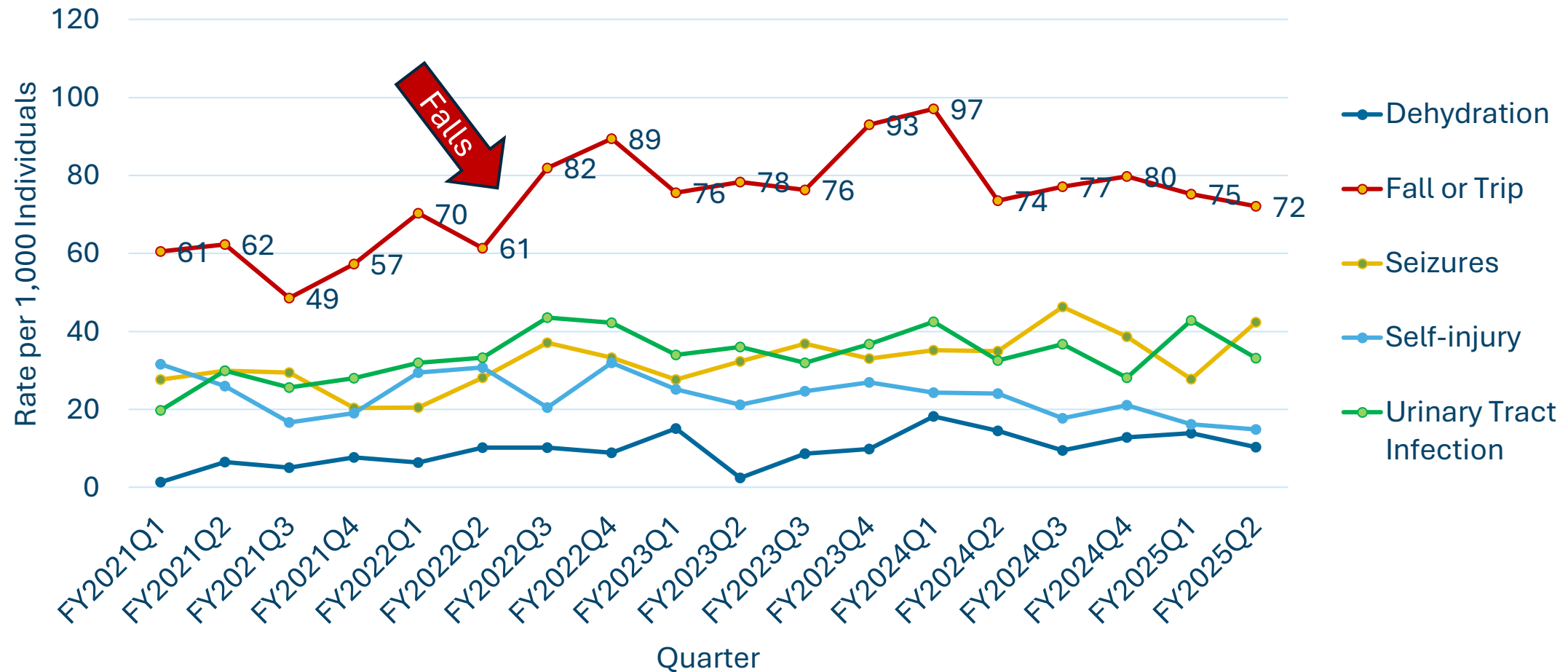
## Falls are the Leading Cause associated with Serious Incidents for Individuals on the DD Waiver.

This shows the rate of Falls Serious Incidents per 1,000 Individuals on the DD Waiver **STATEWIDE**, Over Time



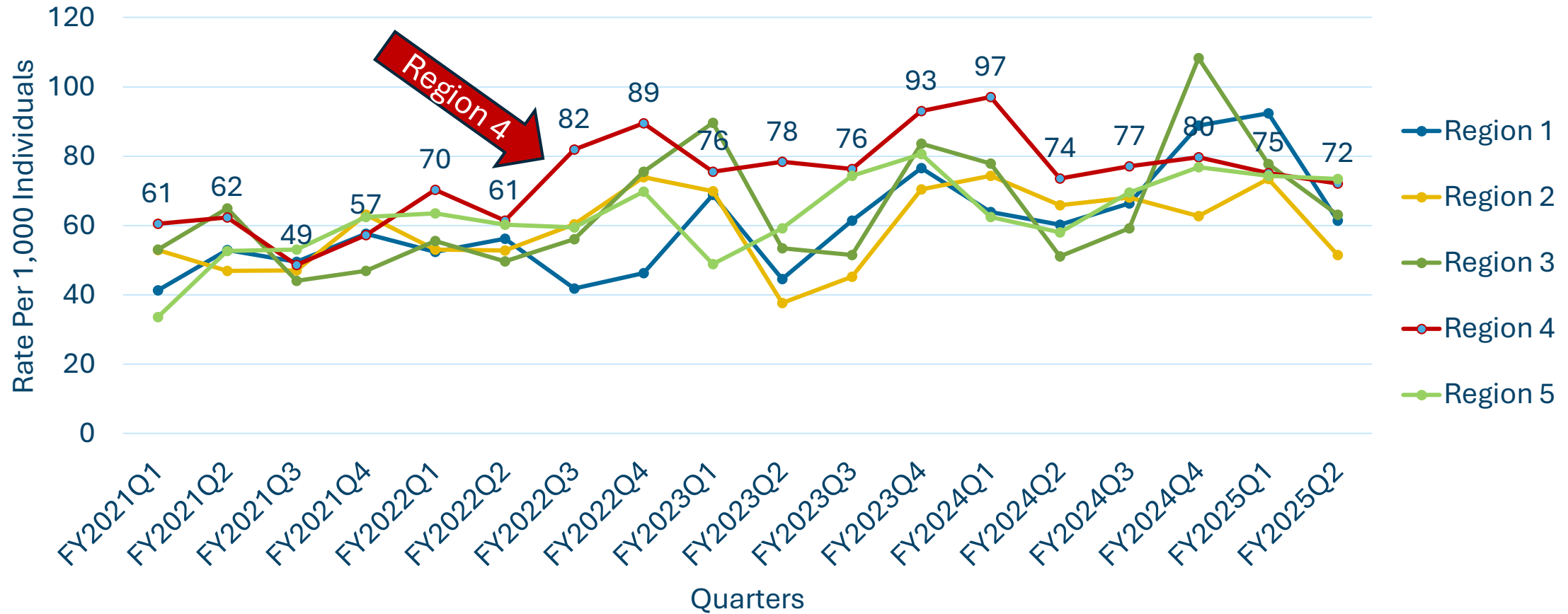
**Falls are the Leading Cause associated with Serious Incidents for Individuals on the DD Waiver.**

This shows the rate of Falls Serious Incidents **IN REGION 4** per 1,000 Individuals on the DD Waiver, Over Time



**Falls are the Leading Cause associated with Serious Incidents for Individuals on the DD Waiver.**


This shows the rate of Falls Serious Incidents **IN REGION 4 COMPARED TO OTHER REGIONS** per 1,000 Individuals on the DD Waiver, Over Time



## Risk Among Individuals with DD

- Individuals with DD experience fall injuries at a much younger age, and at double the rate of their peers without DD.
- Half of all falls experienced by an individual with DD result in a serious injury and/or hospitalization.
- Most falls experienced by individuals with DD happen during activities of daily living such as personal hygiene, dressing, and mealtimes.

Source: Office of Integrated Health, Health and Safety Alert: <https://dbhds.virginia.gov/assets/doc/OIH/health-safety-alert-falls-prevention-092019.pdf>, Office of Integrated Health, Newsletter March 2023: <https://dbhds.virginia.gov/wp-content/uploads/2023/02/March-2023-Newsletter.pdf>





## Main areas that put individuals with DD at higher risk:



Physical – cognitive delay, impaired mobility/gait, epilepsy, urinary incontinence, communication issues, vision problems, polypharmacy, poor balance.



Behavioral – shortened attention span, hurrying/rushing/running, easily distracted.



Environmental – slippery floors, cluttered pathways, uneven terrain, etc.

Source: Office of Integrated Health, Health and Safety Alert: <https://dbhds.virginia.gov/assets/doc/OIH/health-safety-alert-falls-prevention-092019.pdf>, Office of Integrated Health, Newsletter March 2023: <https://dbhds.virginia.gov/wp-content/uploads/2023/02/March-2023-Newsletter.pdf>

## Factors that increase the risk for falls among individuals with DD include:

- Cognitive delays
- Seizure disorder diagnosis,
- Taking more than 4 medications (polypharmacy);
- Using walking aids;
- Diagnosis of arthritis,
- Difficulty lifting/carrying greater than 10 lbs. (low upper extremity muscle strength).



Source: Office of Integrated Health, Health and Safety Alert: <https://dbhds.virginia.gov/assets/doc/OIH/health-safety-alert-falls-prevention-092019.pdf>, Office of Integrated Health, Newsletter March 2023: <https://dbhds.virginia.gov/wp-content/uploads/2023/02/March-2023-Newsletter.pdf>

## Falls and Aging

- Among individuals over the age of 65, falls are the number 1 cause of injuries, and death from injury.
- 1 out of 4 persons (age 65 or older) will fall this year.
- 1 out of 5 falls (in those age 65 or older) results in serious injury.
- 95% of all hip fractures (in those age 65 or older) are due to falls.
- ***The population is aging – including people with developmental disabilities!***



Source: Office of Integrated Health, Health and Safety Alert: <https://dbhds.virginia.gov/assets/doc/OIH/health-safety-alert-falls-prevention-092019.pdf>, Office of Integrated Health, Newsletter March 2023: <https://dbhds.virginia.gov/wp-content/uploads/2023/02/March-2023-Newsletter.pdf>

- The goal of preventing falls should focus on minimizing the risk of falls and the risk of injurious falls, while still maintaining individual independence.
- Prevention strategies include:
  - Assessing and Addressing Individualized Fall Risks
  - Use of Durable Medical Equipment – e.g., shower chair, toileting chair, grab bars.
  - Environmental Modifications – e.g., non-slip mats, textured flooring, better lighting.
  - Fitness and strength to improve balance and reduce the risk of injury.



Source: Office of Integrated Health, Health and Safety Alert: <https://dbhds.virginia.gov/assets/doc/OIH/health-safety-alert-falls-prevention-092019.pdf>, Office of Integrated Health, Newsletter March 2023: <https://dbhds.virginia.gov/wp-content/uploads/2023/02/March-2023-Newsletter.pdf>



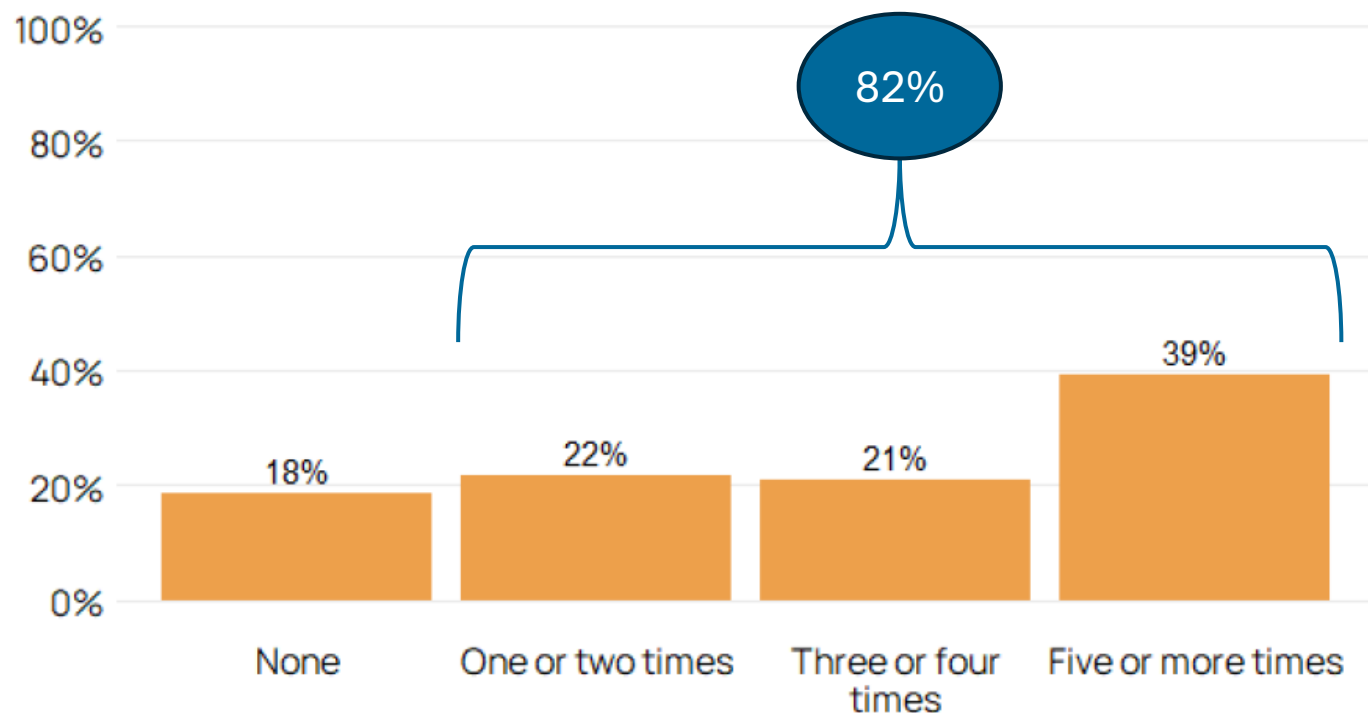
# Data about Fitness and People with Developmental Disabilities

**Presenter: Mary Beth Cox**, Quality Improvement Implementation Manager - DBHDS

Disclaimer: It is recommended for somebody to talk to their doctor before starting a new physical fitness regimen.



How many times a week do you do physical activities for at least 10 minutes at a time?



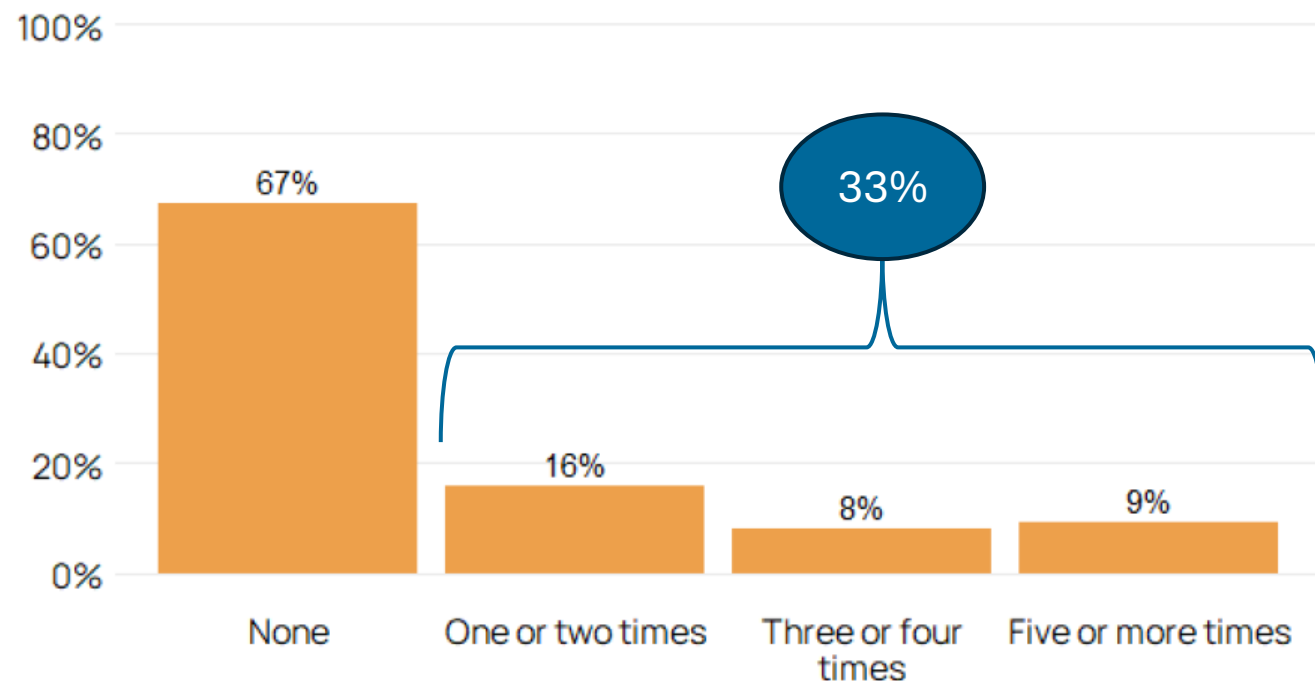
In Virginia, 81% of respondents said they exercised or did physical activity at least once per week for 10 minutes or more at a time.

- 79% in group settings
- 86% in own home/apartment
- 81% in parent or relative's home
- 87% in sponsored residential

This is lower than the national average of 82%.

The range among other states, people doing any exercise, at least 1/week, was 72% to 94%.

How many times a week do you do exercise that makes the muscles in your arms, legs, back, and/or chest work hard?



In Virginia, 35% of respondents said they exercised or did physical activity at least once per week that makes the muscles in arms, legs, back, and/or chest work hard.

- 32% in group settings
- 44% in own home/apartment
- 36% in parent or relative's home
- 36% in sponsored residential

This is higher than the national average of 33%.

**The range among other states, people doing exercise that makes muscles work hard, at least 1/week, was 18% to 51%.**



- Improves cardiovascular health - Reduce the risk of heart disease, stroke, etc.
- Builds strength and muscles.
- Improves balance.
- Reduces the risk of falling and/or serious injury due to falling.
- Improves confidence and overall sense of well-being.
- Gets you out into the community.
- Helps you meet new people.
- **What else??**

Source: CDC STEADI Brochure. <https://www.cdc.gov/steady/pdf/STEADI-Brochure-WhatYouCanDo-508.pdf>



## Guest Presenters: Evidence-Based Fall Prevention Programs

- **Bingocize:** Jodi Winship, Richmond Aging and Engaging
- **Walk With Ease and Tai Chi:** Mona Burwell and Karen Day – Virginia Department of Health
- **A Matter of Balance:** Pebbles Brown on behalf of Andi Platea, Department of Aging and Rehabilitative Services



2025

**DBHDS**  
Virginia Department of Behavioral Health  
and Developmental Services

### Fall Prevention Health and Movement Resources

FOR CENTRAL  
VIRGINIA  
OCQI – Office of Clinical  
Quality Improvement

## Fitness Resources Booklet



## DBHDS Falls Flyer



## 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**

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](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](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>

### **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**

<b>Location, Region 4</b>	<b>YMCA Name</b>	<b>Phone</b>	<b>YMCA Address</b>
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



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.	

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>	
<b><u>Water-Based Fitness</u></b> - 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

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! <b>Silver Splash</b> offers lots of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required. A special <b>Silver Splash</b> 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 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.

## 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](mailto: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.*
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](mailto: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.*



## 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>



Virginia Department of Behavioral Health  
and Developmental Services

## Fall Prevention Resources

*Keep this list handy!*



### Fall Prevention Training

**Commonwealth of Virginia Learning Center (COVLC)** <https://covlc.virginia.gov>

- DBHDS-OIH-HSN: Falls and Individuals with Intellectual and Developmental Disabilities 2021

**Live and Virtual Training from the DBHDS Office of Integrated Health**

- Falls & Individuals w/ Developmental Disabilities
  - Wheelchair Transitions
  - Mobile Rehab Engineering Team Services, DME and AT - What You Need to Know
- Check the OIH Training Schedule at <https://dbhds.virginia.gov/office-of-integrated-health/> → Educational Resources → Training Schedules

### Root Cause Analysis (RCA) Training

*To help understand why falls happen!*

**DBHDS Quality Improvement Video Training Series**

<https://www.youtube.com/playlist?list=PLmFe443VQ9xUxxc85z--thJUFCjjKrTfL>

**DBHDS Office of Licensing RCA Training**

[https://dbhds.virginia.gov/assets/doc/QMD/OL/root-cause-analysis-training-\(november-2020\).pdf](https://dbhds.virginia.gov/assets/doc/QMD/OL/root-cause-analysis-training-(november-2020).pdf)

**VCU Partnership for People with Disabilities RCA training**

<https://livingwell.partnership.vcu.edu/module-5/>



### Other Educational Resources

**Health and Safety Alerts from the DBHDS Office of Integrated Health**

- Fall Prevention (Sept. 2019)
  - Fall First Aid (Sept. 2019)
- <https://dbhds.virginia.gov/office-of-integrated-health/safety-alerts-archive>

**PowerPoint Slides from the DBHDS Office of Integrated Health**

- "First Aid for Falls"
- <https://dbhds.virginia.gov/office-of-integrated-health/#> → Educational Resources → Falls

**"Movement for Better Health" Video:**

- Designed for individuals and families.
- Discusses why it's important for people to stay active and strong to help reduce the risk of falling; reviews fitness options; and asks if you would be interested in trying each activity! Be sure to use the activity checklist.

<https://youtu.be/0d07zy6gg8Q?si=xYj0VGDjr7PS3fqY>

**Virginia Arthritis and Falls Prevention Coalition**

- Vision: All Virginians will have access to arthritis and falls prevention interventions and resources to help them live independently and safely.

<https://www.vdh.virginia.gov/arthritis/virginia-arthritis-coalition/>

**Northern Virginia Fall Prevention Alliance**

Information about evidence-based fall prevention programs.

<https://www.novafallsprevention.com/>

**Contact the DBHDS Office of Integrated Health**

Community Nursing:  
[communitynursing@dbhds.virginia.gov](mailto:communitynursing@dbhds.virginia.gov)

Mobile Rehab Engineering:

[mreteam@dbhds.virginia.gov](mailto:mreteam@dbhds.virginia.gov)  
<https://dbhds.virginia.gov/office-of-integrated-health/>

## How could you take the next step?

Help people identify what type of exercises they might like to do.

Set up opportunities for people to try out different fitness exercises they might enjoy – like horseback riding, swimming, or yoga.

Let people know about programs in the community, like the YMCA programs, and see if they want to try it out.

Arrange for consultations with doctors for individuals to participate in exercise programs, if needed.

Explore having staff members attend training for an evidence-based program. Perhaps they could become a teacher!

See if you can offer one of these evidence-based fall prevention programs at your organization.

**What else? What are you going to do?**







But don't go yet!

Please take time to complete the Webinar evaluation:

<https://forms.office.com/g/xsyampwC8X>.