



# Solano County

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## Legislation Text

File #: 19-701, Version: 1

Adopt and present a resolution recognizing September 23-29, 2019 as Fall Prevention Week in Solano County (Supervisor Spering)

Published Notice Required? Yes \_\_\_\_\_ No X  
Public Hearing Required? Yes \_\_\_\_\_ No X

### **DEPARTMENTAL RECOMMENDATION:**

The Department of Health and Social Services (H&SS) recommends that the Board adopt and present a resolution recognizing September 23-29, 2019 as Fall Prevention Week in Solano County.

### **SUMMARY/DISCUSSION**

The County of Solano has more than 99,000 residents who are age 60 years and older, and between 2018 and 2024 the senior population in the County is expected to increase by 23% to over 122,000. Solano County and the Napa/Solano Area Agency on Aging both plan and administer a variety of federal, State and local programs to assist older and functionally impaired adults and their families to maximize self-sufficiency, safety, health, and independence so that they can remain living independently in the community for as long as possible and maintain the highest quality of life. One such program is the Fall Prevention Program.

The Fall Prevention Program was established by the federal Older Americans Act and the Older Californians Act has established a similar fall prevention program aimed at reducing falls among older adults, thereby allowing seniors to live healthy and independent lives. The Fall Prevention Program may include funding from Title III B and Title III D of the Older Americans Act. Local fall prevention activities include: Tai Chi Quan strength and balance training using the Stopping Elderly Accidents, Deaths, and Injuries (STEADI) fall risk assessment checklist; A Matter of Balance classes to reduce the fear of falling and increase activity levels; and Bingocize classes which improve lower/upper body strength, encourage social engagement and provide knowledge of the risk for falls.

### **FINANCING:**

The costs associated with preparing this agenda item are nominal and are absorbed by the Department's FY2019/20 Adopted Budget. There is no additional financial impact to the County General Fund.

### **ALTERNATIVES:**

The Board may choose not to approve this resolution. This is not recommended because this is an opportunity to raise awareness about the dangers of falls, particularly for older residents, and how to prevent them.

### **OTHER AGENCY INVOLVEMENT:**

None.

### **CAO RECOMMENDATION:**

## APPROVE DEPARTMENTAL RECOMMENDATION