COURSE NO: 52-11-73
NEW: September/2011

TITLE: HEALTH LITERACY: MANAGING AND PREVENTING FALLS

PROGRAM: Older Adults

CREDITS: 0
HOURS: 20

COURSE: 6:6008 Health Literacy

COURSE DESCRIPTION:

Developed and tested by Boston University & Maine Health Partnerships for Healthy Aging, *A Matter of Balance: Managing Concerns About Falls* is an evidence based program designed to help students reduce their fear of falling. This competency-based course uses discussion, demonstration, and audiovisual presentations to expose students to fall prevention strategies. Students will create action plans in order to integrate course information and techniques into daily life.

PREREQUISITES:

None

NOTE:

THIS COURSE MUST BE TAUGHT BY A CREDENTIALED DACE TEACHER WHO HAS EARNED LEADER CERTIFICATION IN THIS EVIDENCE BASED PROGRAM, *A Matter of Balance*.

THIS COURSE MAY NOT BE OFFERED WITHOUT PRIOR APPROVAL OF THE PROGRAM FOR OLDER ADULTS ADVISOR. CALL (213) 241-3167 FOR IMPLEMENTATION GUIDELINES.

*After a student has completed this course, he/she may not be allowed to re-enroll in the course.*