



## San Antonio Oasis Partnership with Leon Valley Fire Department

The Leon Valley Fire Department receives approximately 200 calls per year for fall related injuries. In an effort to reduce the number of fall related calls received each year, the Leon Valley Fire Department has partnered with San Antonio Oasis to bring a fall prevention program to the Leon Valley Community.

San Antonio Oasis is a non-profit organization with a mission to promote healthy aging through lifelong learning, active lifestyles and volunteer engagement. Oasis is open to all people age 50 and older. Through a grant provided by the Baptist Health Foundation for fall prevention, Oasis will be able to provide a series of classes at the Leon Valley Fire Department this summer. These classes include A Matter of Balance, Safe at Home, Stay Upright and Medication Matters.

- **A Matter of Balance: Managing Concerns About Falls** is an evidence based program designed to reduce the fear of falling and increase the activity levels of older adults who have this concern. It is an 8-session course where participants meet once a week for two hours to learn to view falls as controllable, set goals for increasing activity, make changes to reduce fall risks at home and exercise to increase strength and balance. The program is recommended by the National Council on Aging and the Centers for Disease Control.

- **Safe at Home** is a 2-session course developed by The Oasis Institute in St. Louis, MO and by Washington University. This course helps to identify fall hazards in and around the home. It also helps to assist the participants in locating resources to make changes in the home to reduce the risk of falls.

- **Medication Matters** is a 2-session course, taught by a pharmacist and was developed by The Oasis Institute in St. Louis, MO and by Washington University. The first session of this class covers the physical changes associated with aging and the effects on medication. The instructor talks about the difference between prescription medicine, over-the-counter products, herbal preparations and supplements. The second session dives into the importance of a medical review as well as potential interactions between herbal preparations and other drugs and the use of vitamin and mineral supplements.

- **Stay Upright** is a 1-session course developed by Methodist Healthcare as a general education class taught by a Physical Therapist. The class helps participants understand strategies to reduce falls.

The goal of this partnership between San Antonio Oasis and The Leon Valley Fire Department is to reduce the number of fall related injuries in the community. The reduction will not only allow the Fire Department to focus on other priorities, but will also help to increase the health and wellness of citizens in the community.