

Moxie Mobility Training

1. Falls can have an enormous quality of life impact including changes to physical decline, decreased activity, not engaging in social activities or preferring social isolation, pathway to depression, loss of independence and “feelings of helplessness” (NCOA, 2020)
2. The national average to pay for nursing home is \$6360/month; Massachusetts is \$7050 to \$13,200/monthly (SeniorAdvice, 2020)
3. 90% of older adults want to age in place, but 85% have done nothing to plan for this (Brown, 2018)
4. Physical activity that is included as part of a person’s daily routine is important, “even the smallest of movements make a huge difference” (HLCOE, 2020). With only six weeks of being consistent with “activity, exercise and/or mobility”; improved functional performance can be obtained (Brown, 2018)
5. In 2015, \$50 billion was spent on falls - this number may reach “\$67.7 billion in 2020” (NCOA, 2020)
6. Average life span of person living in Massachusetts is 80.5 (SeniorAdvice, 2020) and around 40% of older adults aged 65+ do not perform leisure activities (Brown, 2018)
7. “Falls are the leading cause of fatal injury and the most common cause of nonfatal trauma-related hospital admissions among older adults” (NCOA, 2020)
8. 800,000 people over the age of 65 are hospitalized due to a fall injury per year (Brown, 2018)
9. Fall prevention training is a combination of exercise, modification of environment, possible use of adaptive equipment or assistive devices, not only education of client but also of caregiver and family, vision evaluation and adjustment, diet, medication adjustments (Brown, 2018) and ability to access one’s community
10. The success of aging in place is based on living in a community that has a responsibility to older residents to remain engaged and participating in the community (Steinman et al, 2014)



*Get Strong &
Safe at Home!*