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Iowa Department on Aging to co-sponsor second annual Iowa Falls Symposium

Des Moines, Iowa (June 21, 2016) – In an effort to prevent falls among older Iowans, adults with disabilities and others who have an increased risk of falling, the Iowa Department on Aging has partnered with the Iowa Falls Prevention Coalition to present the second annual Iowa Falls Symposium on Friday, July 8, at the FFA Enrichment Center on the DMAAC campus in Ankeny.

Falls are a major threat to the health and independence of older adults. One out of every 27 Iowa residents aged 65 or older is hospitalized for a fall-related injury at an average cost of \$26,388. But falls are not an inevitable consequence of aging, as Iowa Falls Symposium attendees will discover.

With a focus on falls prevention, the symposium will include information about current activities in Iowa designed to prevent falls, including the three evidence-based falls prevention programs available statewide (A Matter of Balance, Stepping On and Tai Chi for Arthritis). Additional presentations will discuss identifying home and environmental fall hazards; modifications for improved safety; and the role vision, medication, and the vestibular system play in falls prevention.

Sue Ann Guilderman, RN, BA, MA, will serve as the event's keynote speaker. A nationally recognized expert on sleep, Guilderman's presentation will discuss how important a good night's sleep is when it comes to reducing falls among the aging and will share ways to improve older adults' sleep and wake periods to promote healthy brain function, emotional well-being and physical health.

Event registration opens at 8 a.m. and walk-ins are welcome. An early-bird registration fee of \$35 per person is available through June 30 (increasing to \$50 on July 1) and includes conference materials, continental breakfast, lunch, refreshments and CEUs (the conference has been approved for 6.6 contact hours by Des Moines Area Community College Board of Nursing Provider #22). To register in advance and take advantage of the early-bird savings, visit <https://goo.gl/L1oATA> or call 515-964-6800.

More information is available at <https://www.iowaaging.gov/healthy-lifestyles/falls-prevention>.

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The Iowa Department on Aging (IDA) is an executive branch agency dedicated to making Iowa the premier state in which to live and retire. To meet that goal, the IDA works closely with the Iowa Commission on Aging and Iowa's six Agencies on Aging to develop a comprehensive, coordinated and cost-effective system of long-term living and community support services that helps individuals maintain health and independence in their homes and communities. More information is available at www.iowaaging.gov.