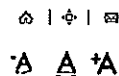



[MAKE A DONATION](#)

[Home](#)
[About Us](#)
[Locations](#)
[Adult Day Care](#)
[Donate](#)

## NAVIGATION

[Home](#)
[Nutrition](#)
[Social Services](#)
[Transportation](#)
[Fall Prevention](#)
[Adult Day Care](#)
[Advocacy News](#)
[What's happening at SBSS](#)
[SBSS Video Tapping](#)
[Calendar Activities](#)
[Cyber Cafe](#)
[Employment & Volunteer Opportunities](#)
[Collaborators & Helpful Links](#)
[Contact Us](#)

[Download our Brochure](#)

**SBSS- Main Office**  
675 S. Carondelet Street  
Los Angeles, CA 90057  
Ph: (213) 388-4444

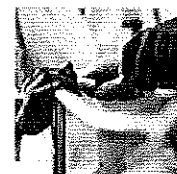
**Hours of Operation**  
Monday – Friday  
8 AM to 4 PM

## Translate Site

[Google Translate](#)
[Select Language](#)

Gadgets powered by Google

# Fall Prevention



## St. Barnabas-InSTEP Falls Prevention Program

### Background

One third of older adults fall each year, placing them at risk for serious injury, functional decline, health care utilization and death. Recognizing that falls, either in the home or outside the home is one of the major risk factors for the loss of independent living and death among seniors. St. Barnabas Senior Services (SBSS) was selected as a demonstration site from 2007-2008 for a two-year falls prevention project *InSTEP* (Increasing Stability Through Evaluation and Practice). This project was funded by University of Southern California (USC) and the W. Los Angeles VA Geriatric Research Education and Clinical Center (GRECC).

Following that successful outreach, education and capacity building program intended for those seniors only who could take instruction in English, we now intend to provide a culturally and linguistically appropriate fall prevention outreach program for monolingual Spanish and Korean speakers!

*This one-year project is funded through the efforts of Congressman Xavier Becerra who represents California's 31<sup>st</sup> Congressional District where St. Barnabas resides. St. Barnabas is most grateful for both his efforts to attain federal funding for this project and his personal support of this project.*

### The Project:

- 12-week commitment is required (~~First class starts September 14<sup>th</sup>~~).
- 1 hr. Exercise Class 2x per week at St. Barnabas Senior Center
- Medical-Risk Assessment
- Home-Risk Assessment
- ~~Be a monolingual Spanish or Korean speaker~~
- Age 60 or older
- Be sedentary or under-active
- Be injured in a fall in the past 6 months or have had two or more non-
- injurious falls in the past 6 months

### The Project's Benefits to Seniors:

- Enhanced independence and self-confidence.
- Improved ability to provide self-care.
- Decreased risk of diminished physical and mental well-being and death.
- Gives seniors a way to proactively address their health and aging.
- Increased capacity to be active outside the home including, but not limited to volunteering, and having an increased social network.
- Greater capacity and confidence to seek and hold a job when either personal economics require it or when the senior wishes to continue to rise to the many challenges and

For more information regarding the St. Barnabas/InSTEP Falls Prevention Program ~~or to register for a Screening Appointment,~~ contact Tina Hummel.

Director, Business & Operations at extension 218 or  
~~Wendy Gutierrez at extension 205 or~~  
Jaelyn Joo at extension 211.

St. Barnabas Senior Center

Phone: 213-388-4444. ~~Or stop by Tina's office located on the 2<sup>nd</sup> floor.~~