

# “I WANT TO STAY INDEPENDENT”

FALLS ARE THE MAIN REASON WHY OLDER PEOPLE LOSE THEIR INDEPENDENCE



## FOUR THINGS YOU CAN DO TO PREVENT FALLS

- **EXERCISE** “IMPROVE BALANCE-STRENGTH”

“AN EXAMPLE OF THIS KIND OF EXERCISE IS TAI CHI”



800-CDC-INFO (800-232-4636)

- **HAVE PROVIDER REVIEW YOUR MEDICINES**
- **HAVE VISION CHECKED**



Senior Wellness Programs are performed by Ian Darragh and his Certified & Insured Senior Wellness Instructors who have completed all “Senior’s Programs”.



INSPIRED Senior Living tm  
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# Welcome to

# INSPIRED SENIOR LIVING

MAX WELLNESS FOR A BETTER LIFE



## FLORIDA REQUIRES IMMEDIATE ATTENTION IN ELDERLY CARE



With more than 4.7 million elders age 60 and older, Florida currently ranks first in the nation in the percentage of its citizens who are elders, and will continue to do so for the foreseeable future.

Currently, elders make up 24% of the state's population, and this is expected to grow to 35% by 2030. There are more than 1.7 million Floridians age 75 and older, and the population group 100 and older is Florida's fastest growing age , and in the USA

- Over 700,000 patients a year are hospitalized because of a fall injury, most often because of a broken hip or head injury.
- Fall injuries are among the 20 most expensive medical conditions.

The average hospital cost for a fall injury is \$35,000



800-CDC-INFO (800-232-4636)

MEDICARE & MEDICAID



## WELCOME TO INSPIRED SENIOR LIVING

A Quality Senior Care Wellness Program that promotes physical and mental well-being for Florida's elders and enables them to remain in their homes and communities; and provides the aging the ability to live with dignity, purpose, JOY and independence.

### INSPIRED SENIOR LIVING offers

SENIOR YOGA & MEDITATION

TAI CHI MOVEMENTS

SENIOR FITNESS "PERSONAL TRAINING"

SENIOR ACTIVE CARE COMPANIONSHIP

SENIOR NUTRITION COUNSELING

