Healthy Living Fall Prevention Programs

- **A Matter of Balance: Managing Concerns about Falls**
- **Tai Chi for Arthritis and Fall Prevention**

- Help older adults become active and more confident about reducing falls
- Lead low impact exercises to help increase strength, flexibility and balance

Benefits of Volunteering in Volunteers' Own Words

– I get back more than I could ever give to the seniors I help. Every day I know I am making a difference in their life and in my own.

– Volunteering puts some action in my life.

To learn more about volunteer opportunities call:

The North Central Texas Area Agency on Aging

800-272-3921

Area Agency on Aging
OF NORTH CENTRAL TEXAS

A program of the
North Central Texas Council of Governments
Funded in part by
Texas Health and Human Services Commission

The North Central Texas Area Agency on Aging provides services to help maintain health, obtain public and private benefits, and protect rights.

Website:
www.nctcog.org/aging-services/older-adults

616 Six Flags Drive
Arlington, TX 76011

11/25

Volunteer Opportunities

The North Central Texas Area Agency on Aging needs committed volunteers to teach, advocate for and assist older adults.



Area Agency on Aging
OF NORTH CENTRAL TEXAS



Volunteers Choose How and When to Serve

Did you know that volunteering not only helps others, but it will also benefit you?

- **Make a difference . . .**
- **Meet people . . .**
- **Be part of a community . . .**
- **Learn new skills . . .**
- **Take on a challenge . . .**
- **Have fun!**

You choose how much time you want to give. Apply the skills you already have and learn new ones.

You'll be matched with volunteer opportunities and receive free training.

Benefits Counseling Program

- Answer questions about public and private-pay benefits, programs and services
- Review coverage choices during Medicare Open Enrollment Periods
- Provide information about services that may meet the future needs of older adults
- Provide information by telephone or at on-site clinics

Senior Medicare Patrol Fraud and Abuse Prevention Program

- Help individuals with Medicare protect, detect, and report Medicare fraud, waste and abuse
- Educate community groups on ways they can protect themselves and their medical information
- Explain Medicare Summary Notices and what to look for to detect errors, fraud and abuse

Long-Term Care Ombudsman Program

- Protect the rights of nursing home and assisted living facility residents
- Advocate for residents' quality of life and quality of care

Healthy Living Self-Management Programs

- **Chronic Disease**
- **Diabetes**
- **Pain Self-Management Programs***

- Empower older adults to build healthier lives
- Facilitate interactive discussions and activities that promote mutual support and confidence building
- Educate participants using a training manual developed by Stanford University

* *Originally developed by Stanford University*