Balancing Act: Tips for Maintaining Your Equilibrium as You Age

One of the “first things to go” as we get older is our balance. According to the National Institutes of Health (NIH), more than one in three people age 65 years or older falls each year. The risk of falling – and fall-related problems – rises with age.

Fortunately, there is scientific evidence to indicate that you can do a variety of activities to decrease your risk of experiencing a loss of balance. Exercise programs that include a balance component have been conclusively shown to decrease the risk of falling. Examples include:

- Aerobics
- Yoga
- Tai chi
- Pilates
- Water aerobics
- Tennis
- Biking
- Walking
- Weight training
- Bowling
- Ballroom dancing

Specialized Restorative Care is provided by leading residential care communities such as Saunders House to improve the strength, balance and mobility of residents. These programs supplement physical and occupational therapies with individualized exercise routines guided by specially trained nursing assistants. Restorative exercises include:

- Transfer training
- Ambulation/Stair climbing
- Range of motion/Strengthening exercises

Discover our Healthy Tradition of Care and Wellness

Located adjacent to Lankenau Hospital, Saunders House – part of Main Line Senior Care Alliance – has a celebrated tradition of providing exceptional care and services to seniors and their families. It’s a tradition we’re proud to continue.

Today, Saunders House offers a range of services including short-term rehabilitation, traditional nursing care, restorative care, memory care, respite care and specialized care for individuals with visual impairments – all in a setting that is warm, welcoming and nurturing.

For more information on Saunders House, our short-term rehabilitation program and other professional services, please call us today at (610) 658-5100. You can also visit us online at www.saundershouse.org/.