

Healthy Aging



Program Brief

Extending Knowledge | Providing Solutions



About

Texas has one of the largest populations of adults over age 65 in the United States and these older adults represent one of the fastest growing segments of the population. As Texans age, the need for high quality, community-based education increases, especially in rural areas of the state where resources, services, and supports for older adults may be lacking. Texas A&M AgriLife Extension Service programs and resources help older adults age in place.

Program Descriptions

In addition to general programs to help address issues related to chronic conditions, food safety, and nutrition, we provide specific programs for older adults:

A Matter of Balance helps older adults learn to view falls and fear of falls as controllable, set realistic goals to increase activity, change their environment, and increase strength and balance.

Master of Memory helps older adults improve confidence in their ability to affect memory function, reduce negative attitudes, and increase understanding of controllable risk factors.

Results *In an evaluation study conducted during the 2024 program year...*

***A Matter of Balance* (n=243)**

- 18% increase in finding a way to get up after a fall
- 23% increase in finding a way to reduce falls
- 27% increase in ability to protect self if a fall occurs
- 17% increase in ability to increase physical strength
- 17% increase in the level of physical activity
- 18% decrease in extent to which fear of falling limited social interaction

Studies show that participants in *A Matter of Balance* save an estimated \$1,249 in health costs in the 12-months following completion of the series. For the 2024 program year participants, that's almost \$303,500 in savings!

***Master of Memory* (n=121)**

- 1% increase in satisfaction with memory
- 11% decrease in negative thoughts about memory
- 14% increase in utilizing memory strategies to improve memory function
- 13% increase in successfully managing frustration with memory function

RELEVANCE

 **13%**

OF THE POPULATION
IN TEXAS IS AGE 65
OR OLDER



FALLING

IS THE LEADING CAUSE
OF UNINTENTIONAL
INJURY DEATH IN TEXAS



APPROXIMATELY

3.4 MILLION

TEXANS PROVIDE CARE FOR
ANOTHER PERSON



HALF

OF ADULTS REPORT
SOME TYPE OF MEMORY
IMPAIRMENT



NEARLY

70%

OF MEDICARE BENEFICIARIES HAVE
2 OR MORE CHRONIC CONDITIONS
ACCOUNTING FOR 93% OF
SPENDING

When asked to describe their experience with the *A Matter of Balance* program, participants responded:

"I am more assured to look forward & not down as I walk. I am more confident to try new things as long as I am confident. No quick moves & take all steps that I can to ensure my safety and focus, focus, focus."

"Evaluate my thoughts and change to positive if appropriate. Increased priority for exercise. Keep on fighting."

"I have become a lot more aware of my surroundings. I have found a lot of things that I need to change in my home/yard/garage."

"Much better attitude about aging and determined to keep it up. Thanks."

"More stretching exercises and more aware of decreasing my risks for falls."

"There are so many people need this class! Thank you for having this class! Very helpful."

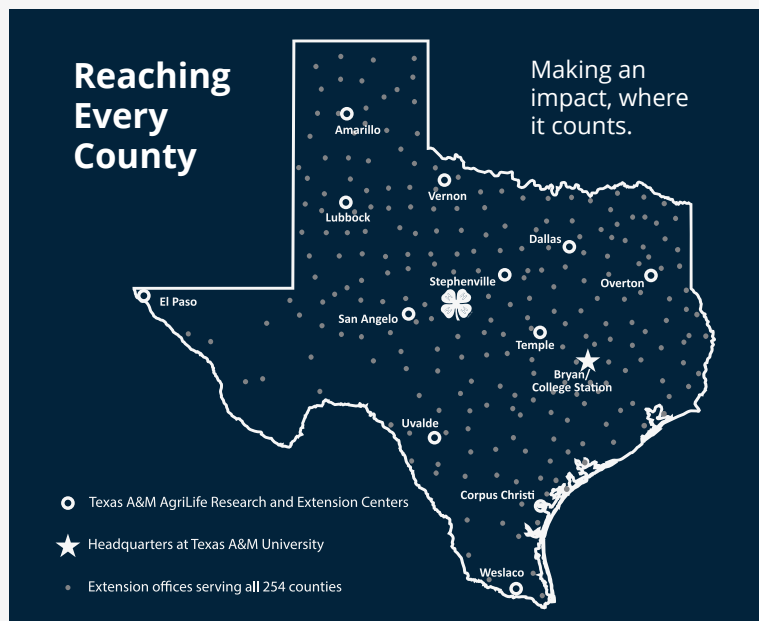
Family and Community Health

Advancing the Health of Texans through Extension Education

AgriLife Extension's FCH Unit helps Texans better their lives through science-based educational programs designed to improve the overall health and wellness of individuals, families, and communities.

The goal of FCH is to encourage lifelong health and well-being for every person, family, and community.

Programs are developed by subject matter experts (Specialists) and delivered throughout the state by a network of local educators (County Extension Agents) and volunteers with support and leadership from Regional Program Leaders, Unit Heads, and the Extension Leadership Team.



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