



*Below you'll find a listing of educational presentations provided by the Connecticut Center for Healthy Aging focused on preventative health measures to better serve you and your organization. Topics include:*

- Minimize your risk of falls including:
  - \*Indoor vs. Outdoor mobility
  - \*Proper footwear
  - \*Balance
  - \*Sensation
  - \*Proper hydration
  - \*Blood pressure
  - \*Lifting techniques in case of fall
- Safety in the home
- Safety in the bathroom
- Basic balance testing
- Adaptive equipment and Durable Medical Equipment to maximize independence during daily activities and enhance safety
- How to save energy during everyday activities
- Better breathing techniques
- Management of incontinence
- Protecting your back...Good body mechanics at work and home
- Memory: What is it... how to keep it strong
- Memory screenings
- An overview of dementia (including dementia statistics)
- Strategies for interacting with those with dementia
- Fine motor coordination / handwriting including testing of grip and pinch strength
- Swallowing issues... including basic anatomy and common problems
- Information about the CT Center for Healthy Aging...resources available and assessments available