



A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

A Matter of Balance Volunteer Lay Leader Model

This award winning* program
is designed to reduce the fear
of falling and increase the



activity levels of
older adults who
have concerns
about falls.

This program
utilizes volunteer
coaches to teach
the eight two-
hour sessions.

***AWARDS**

2006 Healthcare and Aging Award
American Society on Aging

2006 Innovations and Achievements Award
National Association of Area Agencies on Aging



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MANAGING CONCERNS ABOUT FALLS

A Matter of Balance: Managing Concerns About
Falls Volunteer Lay Leader Model ©2006. This
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AN AWARD WINNING PROGRAM



**Do you have
concerns
about falling?**

A Matter of Balance
can help reduce the
fear of falling and
increase the activity
levels of older adults
who have concerns
about falling.



CLASSES HELP PARTICIPANTS LEARN TO:

- view falls and fear of falling as controllable
- set realistic goals for increasing activity
- change their environment to reduce fall risk factors
- promote exercise to increase strength and balance

DESIGNED TO BENEFIT COMMUNITY-DWELLING OLDER ADULTS WHO:

- are concerned about falls
- have sustained a fall in the past
- restrict activities because of concerns about falling
- are interested in improving flexibility, balance and strength
- are age 60 or older, ambulatory and able to problem-solve

Here's what participants say about A MATTER OF BALANCE:

- "I am already noticing a difference in my physical being. I plan to continue these exercises. Hopefully I'll be jumping over the moon soon."
- "I seem to be more aware of every situation for my safety. I now 'stop, look and listen' to my surroundings."



A MATTER OF BALANCE OUTCOMES AT 6 MONTHS

Participant Satisfaction:

- 97% are more comfortable talking about fear of falling
- 97% feel comfortable increasing activity
- 99% plan to continue exercising
- 98% would recommend A Matter of Balance

Participant Improvement:

- Falls Efficacy
- Falls Management
- Falls Control
- Exercise Level
- Monthly Falls

