



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.

Presented by



For more information, please call:

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Funded by



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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.

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

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