

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

A Matter of Balance

Volunteer Lay Leader Model



MANAGING CONCERNS ABOUT FALLS

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



MANAGING CONCERNS ABOUT FALLS

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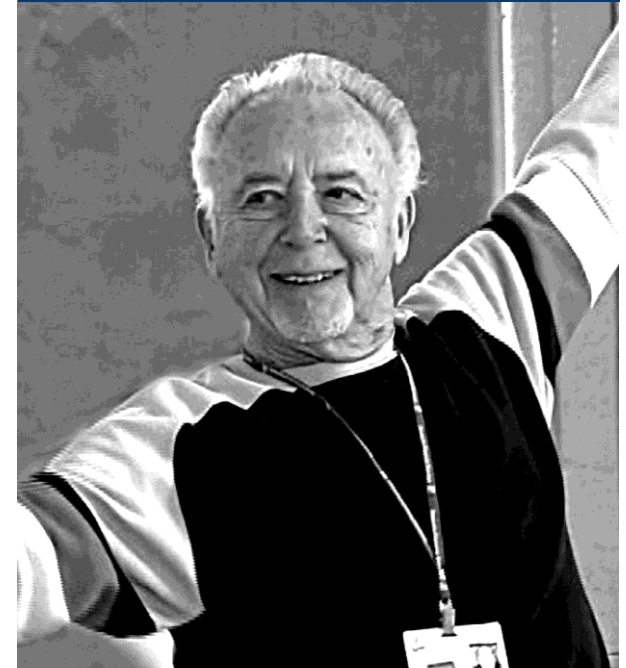
For more information about
A Matter of Balance,
please call:

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A Matter of Balance. Please call:

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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.