A Matter of Balance Volunteer Lay Leader Model



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This award winning, evidence-based 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 trained volunteer coaches to teach the eight 2-hour sessions.



Program Awards

2006 Healthcare and Aging Award American Society on Aging

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



For more information about

A Matter of Balance

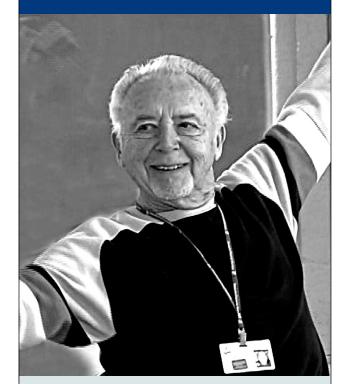
please call: 585-593-5223 ext. 15

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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 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
- Have Restricted activities because of concerns about falling
- Are interested in improving flexibility, balance and strength
- Are 60 or older, ambulatory and able to problem-solve

Cost & Enrollment

- The program fee is \$10.00;
 Scholarships are available upon request.
- Please call Ardent Solutions, Inc. at 585-593-5223 ext. 15 for upcoming class availability.

Here is what participants say about A MATTER OF BALANCE:

"It has increased my confidence and many of the exercises are particularly helpful in maintaining my flexibility. Sharing the experience with others who have balance issues has been the most helpful of all."

"The program was very inspiring and changed my outlook on many areas. I am very grateful that I was able to attend the class."

Participant Outcomes

Upon completion of the eight class, all participants complete an evaluation form. National Results from the evaluations are as follows:

- 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





Class Schedule

Each class will build upon the previous week making it extremely important to attend all sessions.	
Session 1	Introduction to the Program
Session 2	Exploring Thoughts and Concerns about Falling
Session 3	Exercise and Fall Prevention
Session 4	Assertiveness and Fall Prevention
Session 5	Managing Concerns About Falling
Session 6	Recognizing Fall-ty Habits
Session 7	Recognizing Fall Hazards in the Home and Community
Session 8	Practicing No Fall-ty Habits Fall Prevention: Putting it All Together