

A Matter of Balance

Volunteer Lay Leader Model



MANAGING CONCERNS ABOUT FALLS

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:
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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

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."



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

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

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.

