

Trained coaches teach eight two-hour sessions.

1. Introduction to Program
2. Exploring Thoughts and Concerns about Falling
3. Exercise and Fall Prevention
4. Assertiveness and Fall Prevention
5. Managing Concerns about Falling
6. Recognizing Fall-ty Behavior
7. Recognizing Fall Hazards in the Home and Community
8. Practicing No Fall-ty Habits



MANAGING CONCERNS ABOUT FALLS

**For information about
A Matter of Balance
contact:**

**Arrowhead Area Agency on Aging
(218) 529-7531
1-800-232-0707, ext. 531**

**www.arrowheadaging.org
Click on Matter of Balance**

A Matter of Balance: Managing Concerns About Falls Volunteer Lay Leader Model ©2006. This program is based on Fear of Falling: A Matter of Balance. Copyright © 1995 Trustees of Boston University. All rights reserved. Used and adapted by permission of Boston University.



**Arrowhead Area
Agency on Aging**



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Agency on Aging**

A Matter of Balance



**A
work-
shop to
maintain
independence
and stay active**

Stay Active and be Independent

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 older adults who:

- are concerned about falls
- have had 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, able to walk and to problem-solve

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

"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."

Participant Improvement:

- ✓ decrease fear of falls
- ✓ less falls
- ✓ understand falls control
- ✓ increase exercise level