A Matter of Balance: Managing Concerns About Falls
Volunteer Lay Leader Model ©2006.
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This award winning* program is designed to reduce the fear of falling and increase the activity levels of older adults who have concerns about falling.

This program utilizes volunteer coaches to teach the eight two-hour sessions.


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

Aging & Long Term Care of Eastern Washington
(509) 458-2509
Ask about Falls Prevention Training
www.altcew.org

*Awards
2006 Healthcare and Aging Award
American Society on Aging
2006 Innovations and Achievements Award
National Association of Area Agencies on Aging

A Matter of Balance can help reduce the fear of falling and increase the activity levels of older adults who have concerns about falling.
A MATTER OF BALANCE OUTCOMES AT 6 MONTHS

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 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, mobile 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.”

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 Management
- Falls Control
- Exercise Level
- Monthly Falls Reduction

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