

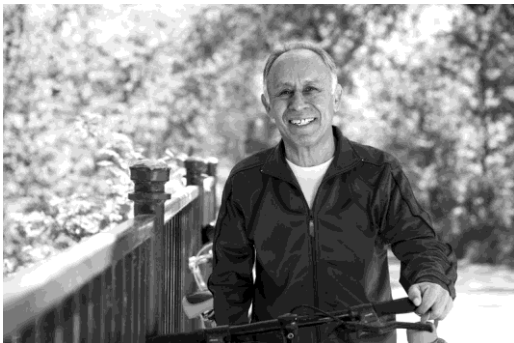
## A Matter of Balance Volunteer Lay Leader Model



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

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.

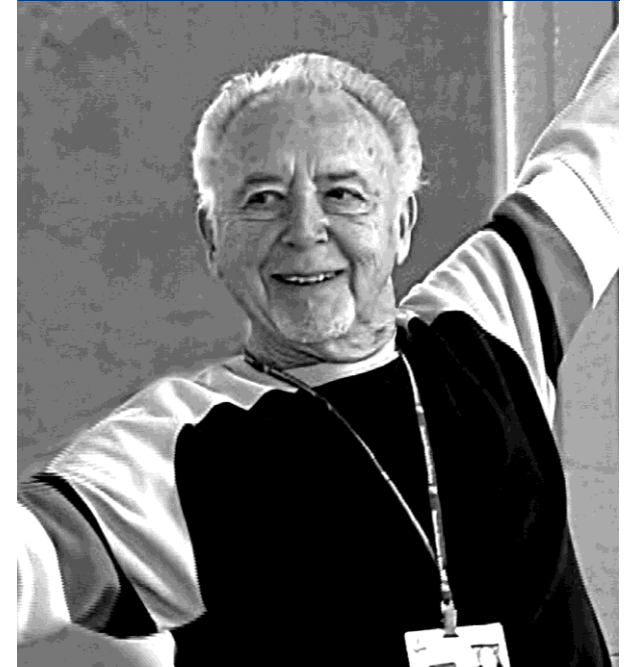
**For more information about  
A Matter of Balance,  
please call:**



**Toll free: 1-855-410-6222**

Serving Seniors & Families in these IA counties:  
*Appanoose, Clinton, Davis, Des Moines,  
Henry, Jefferson, Keokuk, Lee, Louisa, Lucas,  
Mahaska, Monroe, Muscatine, Scott, Van  
Buren, Wapello and Wayne Counties.*

## AN AWARD WINNING PROGRAM



**Do you have  
concerns about  
falling?**

**A Matter of Balance  
can help reduce the fear of falling  
& increase the activity levels of  
older adults who have concerns  
about falling.**

## 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**