A Matter of Balance
Volunteer Lay Leader Model

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.

For more information about A Matter of Balance, or for upcoming classes, please call 302-255-9882.

Sponsored by RSVP and DSAAPD.

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

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 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

<table>
<thead>
<tr>
<th>PARTICIPANT SATISFACTION:</th>
<th>PARTICIPANT IMPROVEMENT:</th>
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<tbody>
<tr>
<td>97% are more comfortable talking about fear of falling</td>
<td>Falls Efficacy</td>
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<tr>
<td>97% feel comfortable increasing activity</td>
<td>Falls Management</td>
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<tr>
<td>99% plan to continue exercising</td>
<td>Falls Control</td>
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<tr>
<td>98% would recommend A Matter of Balance</td>
<td>Exercise Level</td>
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<tr>
<td>97% are more comfortable talking about fear of falling</td>
<td>Monthly Falls</td>
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