



# A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

**Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.**

## Who should attend?

- anyone concerned about falls
- anyone interested in improving balance, flexibility and strength
- anyone who has fallen in the past
- anyone who has restricted activities because of falling concerns

## During 8 two hour classes participants learn to:

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength and balance

### Participant Outcomes at 6 months

Improvement in:

- Falls Efficacy
- Falls Management
- Falls Control
- Exercise level
- Decrease in Monthly Falls

### Satisfaction Survey Results

- 97 % - more comfortable talking about fear of falling
- 97 % - feel comfortable increasing activity
- 99 % - plan to continue exercising
- 98 %- would recommend A Matter of Balance

\* % who agree to strongly agree

*"I am already noticing a difference in my physical being. I am sure I am a little more mobile than I had been and 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: Lay Leader Model adapted the program led by health care professionals to one lead by volunteer lay leaders, making it available more broadly to older adults in the community. Master trainers recruit and teach volunteers to lead the sessions, recruit participants, and sponsor classes. (Administration on Aging Grant #90AM2780).

## Awards

2006 *American Society on Aging, Healthcare and Aging Award*

2006 *National Association of Area Agencies on Aging, Innovations and Achievements Award*

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