

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.

Volunteer coaches teach the eight two-hour sessions.



*Awards

2006 Healthcare and Aging Award
American Society on Aging

2006 Innovations & Achievements Award
National Assoc. of Area Agencies on Aging



MANAGING CONCERNS ABOUT FALLS

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

City and County of
Broomfield – Senior
Services

303-464-5526



Next Class begins
January 5, 2012
Space is limited

AN AWARD WINNING PROGRAM



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

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