



## A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

### 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.

#### \*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

MANAGING CONCERNS ABOUT FALLS

This program is based on Fear of Falling: A  
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This program will meet  
Mondays and Wednesdays  
Beginning April 11th thru May 4th  
10:30AM to 12:30 PM  
for a total of 8, 2 hour sessions.

Total fee is \$10.00  
to cover the cost of booklets.

Call 876-4813 for details.

This program will be held at the  
Abbot Memorial Library  
in Dexter, ME.

Sponsored by:  
Friends of Community Fitness  
31 High St., Suite A  
Guilford, ME 04443  
207-876-4813  
[www.comfitme.com](http://www.comfitme.com)  
[friendsofitness@myfairpoint.net](mailto:friendsofitness@myfairpoint.net)

## 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**