

OUTCOMES: 97% of older adults taking **A Matter of Balance** are more comfortable talking about fear of falling and increasing their activity. Research outcomes include improved falls management and exercise level up to twelve months after taking the class.



MANAGING CONCERNS ABOUT FALLS

A Matter of Balance: Managing Concerns About Falls

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A Matter of Balance Lay Leader Model

Recognized for Innovation and Quality in Healthcare and Aging, 2006, American Society on Aging.

A Matter of Balance Lay Leader Model was developed by a grant from the Administration on Aging (#90AM2780).



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What is A Matter of Balance?

A MATTER OF BALANCE

...is specifically designed to

- reduce fear of falling
- stop the fear of falling cycle
- improve activity levels among community-dwelling older adults

The program includes:

- eight two-hour classes presented by trained coaches using an extensively detailed training manual

A Matter of Balance uses practical coping strategies to reduce fear of falling and to diminish the risk of falling including

- group discussions
- mutual problem solving
- exercises to improve strength, coordination and balance
- home safety evaluation

This program emphasizes practical strategies to manage falls.

YOU WILL 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

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



A Matter of Balance

Thursday July 8th, 2010 1:00 - 3:00pm

Registration Information:

Name:		
Home Address:		
City:	State:	Zip:
Day Phone:		
Email:		

Suggested Donation \$10.00

Reserve Your Seat Now!

Please make check payable to:
South Central Council of Governments
detach this form, and mail
with payment to:
South Central Council of Governments
300 S. Bonaventure Ave.

Please detach for your records:

A Matter of Balance

Eight consecutive weekly sessions beginning:
Thursday July 8th, 2010
1:00 - 3:00pm

Questions—

Contact SCCOG at 719-845-1133,
Ext 224 or 225

(Transportation can be arranged if necessary.)