



MANAGING CONCERNS ABOUT FALLS



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Train to become a volunteer coach in the Matter of Balance program!

In small group sessions, coaches help participants become more confident about managing falls. All you need are good communication and interpersonal skills, enthusiasm, dependability and a willingness to lead small groups of older adults.

The two-part coach training combines video, group discussion, exercise activities and practice teaching. All materials are supplied. Coaches 55 and older are particularly needed and effective.

Call us for more information.
(585) 244-8400

A Matter of Balance: Managing Concerns About Falls Volunteer Lay Leader Model ©2006.

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**Call Lifespan
(585) 244-8400**

www.lifespan-roch.org
1900 S. Clinton Ave.
Rochester, NY 14618



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:

"Excellent classes. Eight weeks was a good duration, but I sure hated to see it end. What a great class with lots of information and exercises. I could go on and on. Thank you!"

"My self-confidence has increased 100%. No fear of falling, and I've become more aware of my strength."

"I have been highly motivated to improve my mobility and have a greater understanding of its importance, and I will be able to continue the activities I enjoy for the next ten years. I also enjoyed the discussion and relaxed atmosphere of the class."



A MATTER OF BALANCE OUTCOMES AT 6 MONTHS

PARTICIPANT SATISFACTION: LIFESPAN 2012 CLASSES

93% are more comfortable talking about fear of falling

92% feel comfortable increasing activity

94% plan to continue exercising

91% would recommend A Matter of Balance

PARTICIPANT IMPROVEMENT:

Decreasing Falls

Exercise Level

Falls Control

Modify Environment for Safety

Assertiveness