

What is A Matter of Balance?



A MATTER OF BALANCE

is specifically designed to

- reduce fear of falling
- stop the fear of falling cycle, and
- 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 and
- two instructional videos.

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, and
- home safety evaluation.

This structured group intervention works best with 10–12 participants.

A MATTER OF BALANCE: *Managing Concerns about Falls*

For more information please contact
Partnership for Healthy Aging:

207-775-1095
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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.

Master Trainer Session is for training anyone interested in offering A Matter of Balance in your community.

Fee for Master Trainer Session is \$1500 for the first person from an organization and \$750 for each additional person. This includes:

2-day training

License to train lay leaders

Comprehensive curriculum materials:

- Master Trainer Manual
- Master Trainer CD ROM (contains contents of manual)
- 2 DVDs - *Fear of Falling* and *Exercise: It's Never Too Late*