

A Matter of Balance
MANAGING CONCERNS ABOUT FALLS



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This program is designed to reduce the fear of falling and increase the activity levels of older adults who have concerns about falls.

PARTICIPANT SATISFACTION

- 98% would recommend A Matter of Balance
- 97% feel comfortable increasing activity
- 99% plan to continue exercising
- 97% are more comfortable talking about fear of falling

A Matter of Balance: Managing Concerns About Falls Volunteer Lay Leader Model ©2006. This program is based on Fear of Falling: A Matter of Balance. Copyright ©1995 Trustees of Boston University. All rights reserved. Used and adapted by permission of Boston University.



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For more information about A Matter of Balance, please contact the Area Agency on Aging 1-B at:

1-800-852-7795

Or visit www.aaa1b.com

The Area Agency on Aging 1-B (AAA 1-B) is a non-profit agency responsible for services to more than 500,000 persons age 60 and older residing in Livingston, Macomb, Monroe, Oakland, St. Clair and Washtenaw counties.

The AAA 1-B is a proud supporter of A Matter of Balance and other Evidence-Based Disease Prevention/Health Promotion Programs.



A MATTER OF BALANCE:
MANAGING CONCERNS ABOUT FALLS



Do you have concerns about falling?



A MATTER OF BALANCE

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A Matter of Balance workshops are conducted over 8 sessions, and led by trained leaders in the community.

The goal of the program is to reduce fear of falling, stop the fear of falling cycle, and increase activity levels among older adults.

A Matter of Balance workshops are interactive. Participants engage in group discussion, problem-solving, skill building, assertiveness training and learn exercises to help increase flexibility, range of motion & strength.

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

Become A Matter of Balance Coach

The Area Agency on Aging 1-B is looking for individuals who are interested in becoming trained as a certified coach for A Matter of Balance. If you are interested in learning more please contact Kristin Wilson at kwilson@aaa1b.com or (248) 262-9226.

Upcoming Coach Training:

Dates: February 4, 2015

Time: 9:00am – 5:00pm

Location: Huron Valley PACE – 2940 Ellsworth, Ypsilanti 48197

Pre-registration is required.



**A MATTER OF
BALANCE**

MANAGING CONCERNS ABOUT FALLS

ACCORDING TO THE U.S. CENTERS FOR DISEASE CONTROL & PREVENTION:

- every year, one in three Americans aged 65+ falls
- every 15 seconds, an older adult is treated in the emergency room for a fall; every 29 minutes, an older adult dies following a fall
- falls are the leading cause of injury death for older Americans

