

A Matter of Balance Volunteer Lay Leader Model



**A MATTER OF
BALANCE**

MANAGING CONCERNS ABOUT FALLS

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 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



National Kidney Foundation®

of Michigan



**A MATTER OF
BALANCE**

MANAGING CONCERNS ABOUT FALLS

For more information about
A Matter of Balance,
please contact:

LaShawn Griffin
800-482-1455
lgriffin@nkfm.org



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. Funded in part by the Federal Older Americans Act and the Michigan Aging and Adult Services Agency through the Area Agency on Aging 1-B and The Senior Alliance.

The NKFM complies with the terms and regulations of the Title V of the Civil Rights Act of 1964 as amended and Section 504 of the Social Rehabilitation Act of 1973 II-8 and is an Equal opportunity employer program. Reasonable accommodation will be provided upon notification or request.

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 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 are saying:

"I already notice 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