



A MATTER OF
BALANCE
MANAGING CONCERNS ABOUT FALLS

We are Looking for Volunteer Coaches!!

Chances are that you know someone who has fallen or who is afraid of falling.

A Matter of Balance is a proven program designed to help people manage concerns about falls and increase physical activity.

The Area Agency on Aging District 7 is looking for volunteers to help provide this program in your community.

This program emphasizes practical strategies to manage falls.

Participants 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

Classes can be held twice a week for 4 weeks OR once a week for 8 weeks. Each class is two hours long.

NEXT TRAINING – Thursday June 28th
from 9:00 am – 4:30 pm

Monarch Meadows Nursing and Rehab Center
299 Commerce Drive - Seaman, Ohio (Adams County)

REGISTRATION REQUIRED by June 21st

Please contact: 1-800-582-7277 – Jennifer Atkinson (extension 247) or Carla Cox (extension 284) or e-mail info@aaa7.org

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

Coaches help participants become more confident about managing falls, help to identify ways to reduce falls, and lead exercises to help increase strength and balance.

What Makes a Good Coach?

- Good communication and interpersonal skills.
- Enthusiasm, dependability and a willingness to lead small groups of older adults.
- Ability to lead low to moderate level exercise.

