

DO YOU HAVE **Concerns** **About Falling?**



A MATTER OF
BALANCE

MANAGING CONCERNS ABOUT FALLS

Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to reduce the fear of falling and increase activity levels.

This program emphasizes practical strategies to manage falls.

YOU WILL 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

WHO SHOULD ATTEND?

- Anyone concerned about falls
- Anyone interested in improving balance, flexibility and strength
- Anyone who has fallen in the past
- Anyone who has restricted activities because of falling concerns

Volunteer Lay Leader Model

This program utilizes volunteer coaches to teach the eight two-hour sessions.

A Matter of Balance Outcomes at 6 months

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

For More Information:

NJ Department of Human Services
609-588-6654



A Matter of Balance: Managing Concerns About Falls

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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.

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