

A Matter of Balance Volunteer Lay Leader Model



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.

Volunteer coaches teach eight two-hour sessions.



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For more information about **A Matter of Balance** or to register for a class, please contact the Volunteer Delaware 50+ office:

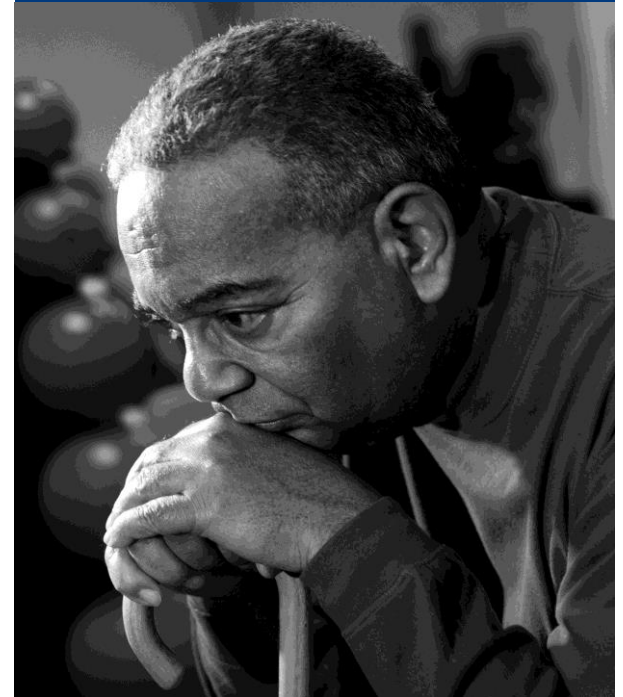
For **New Castle & Kent County**, call
302-255-9882

For **Sussex County**, call
302-515-3020



Sponsored By:

An Award Winning Program



**Do you have
concerns about
falling?**

A Matter of Balance

Helps reduce the fear of
falling and increase activity
levels of older adults

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
- get up properly after a fall

Sessions for 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, able to walk (with or without the use of assistive devices) and able to problem-solve

What participants say about A Matter of Balance:

“I am already noticing a difference in my physical well-being. I plan to continue these exercises. Hopefully I’ll be jumping over the moon soon.” – “Anonymous”

“I am more aware of every situation for my safety. I now stop, look and listen to my surroundings.”
-“Anonymous”



What to expect at A Matter of Balance session:

- Peer interaction and problem solving
- Physical activity and strengthening exercises
- Assertiveness training
- Home safety tips
- Fall prevention strategies

Participant Satisfaction:

97% more comfortable talking about falling and fear of falling

97% feel comfortable increasing activity levels

99% plan to continue exercising

98% would recommend A Matter of Balance to others