



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



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

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A Matter of Balance Lay Leader Model was developed by a grant from the Administration on Aging (#90AM2780).

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For more information about A Matter of Balance, please call
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www.CrowWingEnergized.org

A Matter of Balance FALLS PREVENTION



AWARD WINNING PROGRAM

Do you have concerns about falling?

Help reduce the fear of falling and increase the activity levels of older adults who have concerns about falling



MANAGING CONCERNS ABOUT FALLS

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

Designed to Benefit 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

Here's what participants say about **A MATTER OF BALANCE:**



A Matter of Balance class at Woodland Good Samaritan in Brainerd

"I am already noticing 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."

CLASS DETAILS

Classes are FREE and held once a week for eight weeks for two hours each. Check www.CrowWingEnergized.org for dates, times and locations.

- [Session 1](#) Course description and fall concerns
- [Session 2](#) Ways to think about falls and importance of recognizing concerns
- [Session 3](#) Effects of physical activity and balance exercises
- [Session 4](#) Physical risk factors and asking for what you need
- [Session 5](#) Action plan for exercise and how to change unhelpful thoughts
- [Session 6](#) Exercises and recognizing and changing Fall-ty habits
- [Session 7](#) Exercises, common home hazards and creating an action plan
- [Session 8](#) Exercises and create an action plan for a fall-ty habit

REGISTER online at www.CrowWingEnergized.org

Click on **A Matter of Balance**