



A Matter of Balance (MOB) is specifically designed to reduce the fear of falling and improve activity levels among community-dwelling older adults. The program includes eight two-hour classes presented to a small group of 8-12 participants led by trained coaches. The program enables participants to reduce the fear of falling by learning to view falls as controllable, setting goals for increasing activity levels, making small changes to reduce fall risks at home, and exercise to increase strength and balance.

The curriculum includes group discussions, mutual problem solving, role-play activities, exercise training, assertiveness training, and a few homework assignments.

Participants learn about the importance of exercise in preventing falls and practice exercises to improve strength, coordination, and balance. Participants also conduct a home safety evaluation and learn to get up and down safely. Class size is between 8-12 participants.

Additional topics include home safety, assertiveness, developing positive strategies for change, reducing barriers to exercise, identifying physical risk factors for falls, personal action planners, recognizing misconceptions about falls, and moving from self-defeating to self-motivating thoughts.

# Crow Wing *energized*

[www.CrowWingEnergized.org](http://www.CrowWingEnergized.org)



**Essentia Health**



A MATTER OF  
**BALANCE**

MANAGING CONCERNS ABOUT FALLS

**AWARD WINNING PROGRAM**



**Help older adults reduce their fear of falling by learning to view falls as controllable.**

**A Matter of Balance will also set goals for increasing activity levels, encourage small changes to reduce fall risks at home, and ways to exercise to increase strength and balance.**

A Matter of Balance: Managing Concerns About Falls/  
Volunteer Lay Leader Model ©2006.  
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Inquiries regarding the original program may be directed to  
Boston University, Health & Disability Research Institute,  
53 Bay State Road, Boston, Massachusetts 02215.  
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### 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

## Matter of Balance Outcomes at 6 Months:

**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



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

*"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](http://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 [CrowWingEnergized.org](http://CrowWingEnergized.org)**

Click on Events & Classes; Matter of Balance Falls Prevention Program

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