

## 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
- Get up properly after a fall

## SESSIONS WILL 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
- Are age 60 or older, able to walk (with or without using an assistive device), and able to problem-solve

## CLASS SCHEDULE SPACE IS LIMITED

**Workshops meet for two hours, once a week for 8 weeks.**

Please call  
**(970) 346-6950 ext 6117**  
for information on a workshop near you.



## 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%** are more comfortable talking about falling and fear of falling
- 97%** feel comfortable increasing activity
- 99%** plan to continue exercising
- 98%** would recommend A Matter of Balance

# 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 once per week for eight weeks.



\*Awards

2006 Healthcare and Aging Award  
*American Society on Aging*

2006 Innovations and Achievements Award  
*National Association of Area Agencies on Aging*



To register or for more information about A Matter of Balance, please call:

**Weld County  
Area Agency on Aging  
(970) 346-6950 ext. 6117  
[www.co.weld.co.us](http://www.co.weld.co.us)**



MANAGING CONCERNS ABOUT FALLS

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AN AWARD WINNING PROGRAM



Do you have concerns about falling?

A Matter of Balance helps reduce the fear of falling and increase the activity levels of older adults who have concerns about falling.