

What is A Matter of Balance?



A MATTER OF BALANCE

is specifically designed to

- reduce fear of falling
- stop the fear of falling cycle, and
- improve activity levels among community-dwelling older adults.

The program includes:

- eight two-hour classes presented by trained coaches using an extensively detailed training manual and
- two instructional videos.

A Matter of Balance uses practical coping strategies to reduce fear of falling and to diminish the risk of falling including

- group discussions
- mutual problem solving
- exercises to improve strength, coordination and balance, and
- home safety evaluation.

This structured group intervention works best with 10–12 participants.

A MATTER OF BALANCE:

Managing Concerns about Falls

For more information contact :
Chattanooga-Hamilton County Health Department

209-8203
carleenaA@hamiltontn.gov

209-8246
jillH@hamiltontn.gov

OUTCOMES: 97% of older adults taking **A Matter of Balance** are more comfortable talking about fear of falling and increasing their activity. Research outcomes include improved falls management and exercise level up to twelve months after taking the class.

Coach Training is available for anyone interested in offering A Matter of Balance in your community.

The Coach Training includes:

2-day training

Certification to teach the program to older adults

Comprehensive curriculum materials:

- Coach Manual
- Coach CD ROM (contains contents of manual)
- Free Access to 2 DVDs - "Fear of Falling" and "Exercise: It's Never Too Late"

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