

## 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.



MANAGING CONCERNS ABOUT FALLS

A Matter of Balance: Managing Concerns About Falls Volunteer Lay Leader Model ©2006. This program is based on Fear of Falling: A Matter of Balance. Copyright ©1995 Trustees of Boston University. All rights reserved. Used and adapted by permission of Boston University.

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

For ***New Castle County***  
call 302-255-9882

For ***Kent County or  
Sussex County***  
call 302-515-3020

**A Matter of Balance**  
Presented by:

**OLUNTEER  
DELAWARE 50+**

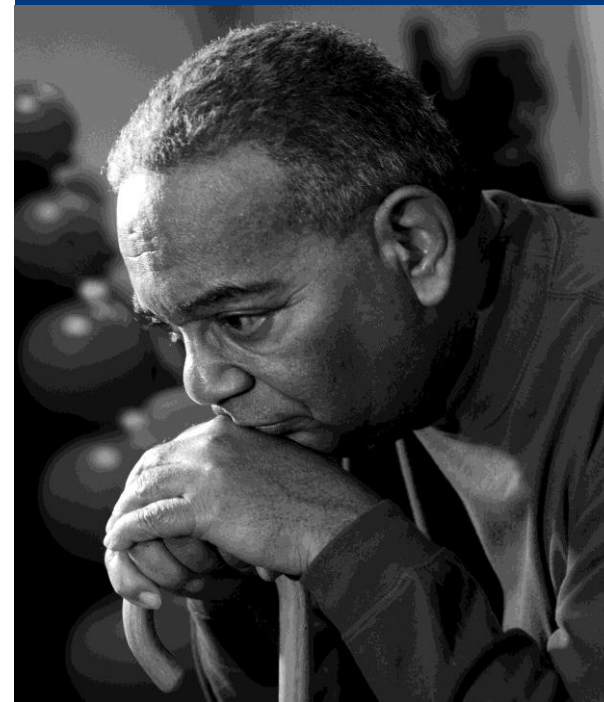
Division of State Service Centers  
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DELAWARE HEALTH AND SOCIAL SERVICES  
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An Award Winning Program



**Do you have  
concerns about  
falling?**

**A Matter of Balance**

Helps reduce the fear of  
falling and increase 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