

MANAGING CONCERNS ABOUT FALLS

A Matter of Balance

Volunteer Lay Leader Model



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.

This program utilizes volunteer coaches to teach the eight two-hour sessions.

*Awards

2006 Healthcare and Aging Award American Society on Aging

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



Contact Information

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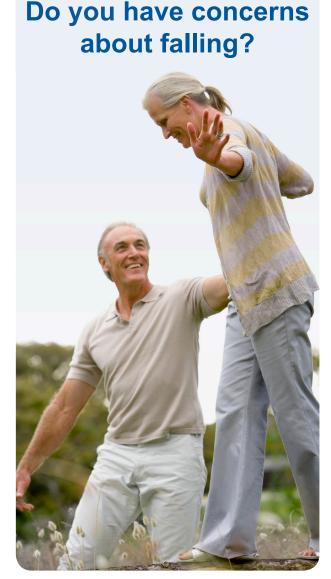




An Affiliate of UnityPoint Health

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A Matter of Balance

A program offered through Greene County Public Health





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 community-dwelling older adults who:

- Are concerned about falls
- Have sustained a fall in the past
- Restrict activities because of concerns of falling
- Are interested in improving flexibility, balance and strength
- Are age 60 or older, ambulatory and able to problem-solve

Thank You to our sponsors!

Jefferson Park & Recreation Board

Iowa Assocation of Area Agencies on Aging



Participation 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

Participation improvement:

- · Falls efficacy
- Falls management
- Falls control
- · Exercise level
- · Monthly falls