



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



A MATTER OF
BALANCE

MANAGING CONCERNS ABOUT FALLS

Contact Information

Laine Custer, RN, BSN
A Matter of Balance Master Trainer
515-386-3228



An Affiliate of  UnityPoint Health

1000 West Lincoln Way
Jefferson, IA 50129

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.

Do you have concerns about falling?



A Matter of Balance

A program offered through
Greene County Public Health



An Affiliate of  UnityPoint 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 Association of Area
Agencies on Aging



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."

"I seem to be more aware of every situation for my safety. I now 'stop, look and listen' to my surroundings."

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