



# A Matter of Balance

## Do you have concerns about falling?

### A Matter of Balance can Help Reduce the Fear of Falling and Increase the Levels of Activities of Older Adults

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 is an 8 week class.

\*Awards

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

#### Classes Help Participants Improve:

- 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 Older Adults Who Live In the Community:

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

#### 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. Hopefully I'll be jumping over the moon soon."*

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

## Outcomes at 6 Months

### Participant 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

### Participant Improvement

- Fall Efficacy
- Fall Management
- Fall Control
- Exercise Level
- Monthly Falls



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For More Information, Contact: 800-541-8614 | 559-224-9154

\*This class is offered at NO COST to participants and made possible by grant funding provided by the Fresno-Madera Area Agency on Aging.

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MANAGING CONCERNS ABOUT FALLS