



**NEWS RELEASE – Area Agency on Aging District 7, Inc.**

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## **Volunteer Coaches Needed for Falls Management Program**

Do you know someone who has fallen or who is afraid of falling? Would you like to help people manage their concerns about falls and increase their physical activity? The Area Agency on Aging District 7 (AAA7) is looking for community coaches to assist with facilitating its falls management program entitled “Matter of Balance.” Volunteer coaches will continue to support the classes in their individual communities after they complete training through the AAA7. An upcoming coaches training will be held in Georgetown (Brown County) for those interested in serving as a volunteer coach in their community. Currently, the AAA7 is recruiting coaches for Matter of Balance in all ten of the counties they serve which includes Adams, Brown, Gallia, Highland, Jackson, Lawrence, Pike, Ross, Scioto and Vinton.

Matter of Balance emphasizes practical strategies to manage falls. Participants in the class learn to view falls as controllable, set goals for increasing activity, make changes to reduce fall risks at home, and exercise to increase strength.

Coaches for Matter of Balance help participants become more confident about managing falls and help participants identify ways to reduce falls. In addition, coaches lead exercise to help participants increase their strength and balance. Coaches should have good communication and interpersonal skills; exhibit enthusiasm, dependability and a willingness to lead small groups of older adults; and have the ability to lead low to moderate level exercise. Once trained, coaches can schedule their classes for twice a week for four weeks or once a week for eight weeks. Classes are two hours long each.

The upcoming Volunteer Coach training will take place in Georgetown, Ohio, at the Ohio Veterans Home, located at 2003 Veterans Boulevard. The training will be held on Friday, October 7<sup>th</sup> from 9:00 am until 5:00 pm. Attendees will be provided with assistance in organizing classes and materials for support.

Anyone interested in A Matter of Balance either as a participant or volunteer workshop leader, should contact the local Area Agency on Aging District 7 at 1-800-582-7277 and ask for either Breanna Williams (extension 247) or Carla Cox (extension 284). Pre-registration is required.

The Area Agency on Aging District 7 is a non-profit corporation that helps coordinate programs to help older adults and those with disabilities live safely and independently at home or in their community through long-term care home and community-based options.

The AAA7's Aging and Disability Resource Center is available to help provide assistance and answers to any questions the community may have regarding long-term care options and resources. The community can call Monday through Friday from 8:00 am until 4:30 pm to speak directly to a nurse or social worker who will help answer any questions the caller may have.

Those interested in learning more can call toll-free at 1-800-582-7277 (TTY: 711) or e-mail at [info@aaa7.org](mailto:info@aaa7.org). The Agency also has a Facebook page located at [www.facebook.com/AreaAgencyOnAgingDistrict7](http://www.facebook.com/AreaAgencyOnAgingDistrict7).

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