



A MATTER OF  
BALANCE

MANAGING CONCERNS ABOUT FALLS

# We are Looking for Volunteer Coaches!!

Chances are that you know someone who has fallen or who is afraid of falling.

**A Matter of Balance** is a proven program designed to help people manage concerns about falls and increase physical activity.

The Area Agency on Aging District 7 is looking for volunteers to help provide this program in your community.

This program emphasizes practical strategies to manage falls.

## Participants learn to:

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength and balance

Classes can be held twice a week for 4 weeks OR once a week for 8 weeks. Each class is two hours long.

**NEXT TRAINING – Wednesday May, 18<sup>th</sup>**  
**from 9:00 am – 4:30 pm**

**Community Action Transit System (CATS)**  
**508 Howard Street Waverly, Ohio (Pike County)**

**REGISTRATION REQUIRED by May 11<sup>th</sup>**

Please contact: 1-800-582-7277– Carla Cox (extension 284) or  
e-mail [info@aaa7.org](mailto:info@aaa7.org)

A Matter of Balance: Managing Concerns About Falls Volunteer Lay Leader Model ©2006  
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A Matter of Balance Lay Leader Model

*Recognized for Innovation and Quality in Healthcare and Aging, 2006, American Society on Aging.*

*A Matter of Balance Lay Leader Model was developed by a grant from the Administration on Aging (#90AM2780).*

**Coaches** help participants become more confident about managing falls, help to identify ways to reduce falls, and lead exercises to help increase strength and balance.

## What Makes a Good Coach?

- Good communication and interpersonal skills.
- Enthusiasm, dependability and a willingness to lead small groups of older adults.
- Ability to lead low to moderate level exercise.

