



# A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

## **Help older adults reduce their fear of falling by learning to view falls as controllable.**

A Matter of Balance will set goals for increasing activity levels, encourage small changes to reduced fall risks at home, and ways to exercise to increase strength and balance.

### **Description**

A Matter of Balance (MOB) is specifically designed to reduce the fear of falling and improve activity levels among community-dwelling older adults. The program includes eight two-hour classes presented to a small group of 8-12 participants led by trained coaches. The program enables participants to reduce the fear of falling by learning to view falls as controllable, setting goals for increasing activity levels, making small changes to reduce fall risks at home, and exercise to increase strength and balance.

The curriculum includes group discussions, mutual problem solving, role-play activities, exercise training, assertiveness training, and a few homework assignments.

Participants learn about the importance of exercise in preventing falls and practice exercises to improve strength, coordination, and balance. Participants also conduct a home safety evaluation and learn to get up and down safely. Class size is between 8-12 participants.

Additional topics include home safety, assertiveness, developing positive strategies for change, reducing barriers to exercise, identifying physical risk factors for falls, personal action planners, recognizing misconceptions about falls, and moving from self-defeating to self-motivating thoughts.

**Target audience:** Adults 60+ who are ambulatory, able to problem solve, concerned about falling, interested in improving flexibility, balance and strength, who may have fallen in the past, and have restricted their activities because of concerns about falling.

**Health outcomes:**

Improved falls efficacy  
Improved falls management  
Increased activity/exercise level

**Delivered by:** Two Trained Coaches

**Program type:** Group

**Format:** In-person community setting

**Length:** 8 two-hour sessions, once per week for 8 weeks

**A Matter of Balance workshop (8 weeks) will start on Thursday, September 29 9:30-11:30 AM at the Edgartown Council Aging (The Anchors).**

**To learn more or register a participant, contact [trogers@hamv.org](mailto:trogers@hamv.org)**

This program is provided by the Falls Prevention Coalition, Elder Services of Cape Cod & the Islands and HAMV. A special thanks to The Anchors for hosting the program at their site.

