



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

The next Matter of Balance workshop (8 weeks) will start in April, 2023 at the Up Island Council of Aging (Howes House).

To learn more or register a participant, contact ctrish@hamv.org (508 693-7900 ext. 455) **or a Council on Aging.**

Tisbury Council on Aging

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