



VOLUNTEER COACHES NEEDED

YOU CAN HELP!

There's a deep sense of satisfaction in knowing you've made a profound impact on someone's life. Volunteer coaches can make the difference between social isolation and independence for seniors. Do you have an interest in working with older adults? Do you have good communication and "people skills"? Contact Aging & Long Term Care to learn more about the training program to become a coach. There is no charge for the program.

HOST A CLASS AT YOUR LOCATION

Community partners are an important part of our program. Is your organization interested in being a host for A Matter of Balance classes? Churches, non-profit agencies and community organizations can offer classes to help their members be safer and healthier. We provide classes at no cost to your organization.



Please contact us with any questions, to register for a class, host classes or to apply to become a volunteer coach.



FEEL CONFIDENT & BE INDEPENDENT

with A MATTER OF BALANCE

Reduce your fear of falling and increase your activity levels with this award-winning program.



CONTACT US AT

ALTCEW.ORG
ACTION@ALTCEW.ORG

OR CALL **509.458.2509**

A Matter of Balance: Managing Concerns About Falls, Volunteer Lay Leader Model ©2006 This Program is based on Fear of Falling: A Matter of Balance ©1995, Trustees of Boston University. All rights reserved. Used and adapted by permission of Boston University.



A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS



A MATTER OF BALANCE

Every 11 seconds, an older adult is treated in the emergency room for a fall. Even if there is no injury, falls carry a heavy impact to quality of life. Many older adults fear falling and, if the fear is intense, then limit their activities and social engagements. This can result in further physical decline, depression, social isolation, and feelings of hopelessness. Ultimately, it may lead to loss of independence.

A MATTER OF BALANCE IS DESIGNED FOR OLDER ADULTS WHO ARE CONCERNED ABOUT FALLS. YOU'LL LEARN THE STRATEGIES YOU NEED TO:

- Change your viewpoint to see falls as controllable
- Set realistic goals for increasing activity
- Identify environmental adjustments to reduce risk factors
- Understand how gentle movement can increase flexibility, strength and balance

AFTER COMPLETING THE CLASS

97% of participants are more comfortable talking about the fear of falling.

97% of participants feel more comfortable increasing activity.

98% would recommend A Matter of Balance to others.

99% of participants plan to continue exercising.

"I SEEM TO BE MORE AWARE IN EVERY SITUATION FOR MY SAFETY. I NOW 'STOP, LOOK AND LISTEN' TO MY SURROUNDINGS."

- CLASS PARTICIPANT

ABOUT THE CLASSES

Small groups meet for 8 sessions of group discussion, problem-solving, brainstorming, and A Matter of Balance exercises. Each participant receives a workbook. The class is **FREE!**

"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."

- CLASS PARTICIPANT