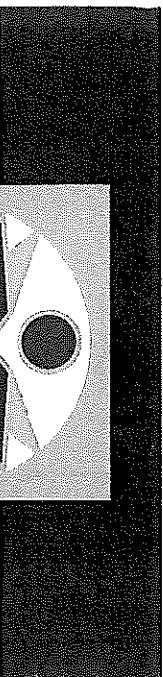


# TEXAS A&M AGRILIFE



## A MATTER OF BALANCE

MANAGING CONCERN ABOUT FALLS

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### A Matter of Balance Volunteer Lay Leader Model

This award winning\* program is designed to reduce the fear of falling and increase the

activity levels of older adults who have concerns about falls.

This program utilizes volunteer coaches to teach the eight two-hour sessions.

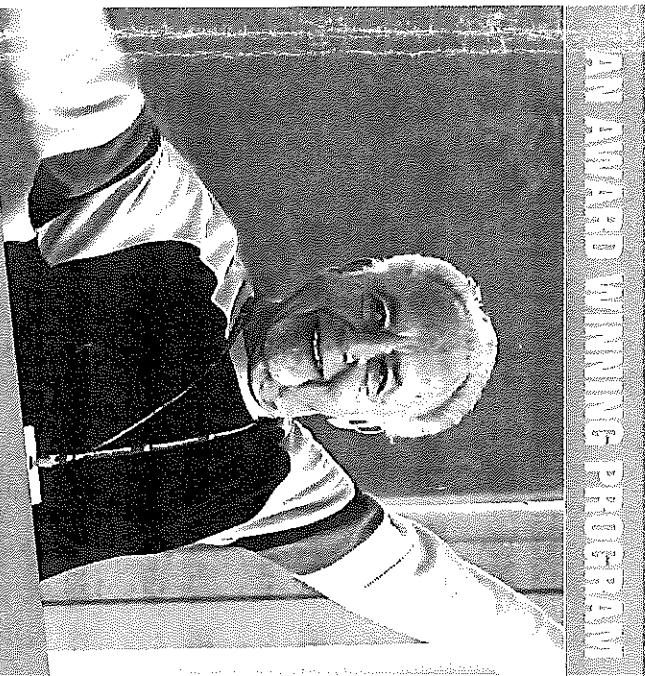
Apr 26 - May 19  
2 sessions per week  
Tuesday and Thursday  
10:00 am - 12:00 pm.

Limited to 1st 10.

\*AWARDS  
2006 Healthcare and Aging Award  
*American Society on Aging*  
Innovations and Achievements Award  
*National Association of Area Agencies on Aging*

CALL JOYCE WHITE @ 903-813-4203 for more information  
or to register. Email: joyce.white@ag.tamu.edu

Do you have  
concerns  
about falling?



A Matter of Balance  
can help reduce the  
fear of falling and  
increase the activity  
levels of older adults  
who have concerns  
about falling.

## CLASSES HELP PARTICIPANTS LEARN TO:

- view falls and fear of falling as controllable
- set realistic goals for increasing activity
- change their environment to reduce fall risk factors

■ promote exercise to increase strength and balance

## DESIGNED TO BENEFIT COMMUNITY-DWELLING OLDER ADULTS WHO:

- are concerned about falls
- have sustained a fall in the past
- restrict activities because of concerns about falling
- are interested in improving flexibility, balance and strength
- are age 60 or older, ambulatory and able to problem-solve

## Here's what participants say about A MATTER OF BALANCE:

■ "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."

■ "I seem to be more aware of every situation for my safety. I now 'stop, look and listen' to my surroundings."

## A MATTER OF BALANCE = OUTCOMES AT 6 MONTHS

### Participant Improvement:

- Falls Efficacy
- Falls Management
- Falls Control
- Exercise Level
- Monthly Falls