



**A MATTER OF
BALANCE**
MANAGING CONCERNS ABOUT FALLS

Do You Have Concerns About Falling?

A MATTER OF BALANCE is an award-winning evidence-based program that emphasizes practical strategies to manage falls



COACHING RESPONSIBILITIES

- Good communication
- Lead 8 sessions of fall prevention topics: home safety, medication management, getting up from a fall
- Exercise demonstration
- Promote socialization
- Interest in working with older adults
- And **HAVE FUN!**

COACHES HELP PARTICIPANTS

- View falls as controllable
- Set goals for increasing activity
- Make changes to reduce fall risks at home
- Exercise to increase strength and balance
- Proper way to fall or get up from a fall

FEBRUARY 25, 2025

SWIRCA

**16 W. VIRGINIA ST.
EVANSVILLE IN 47710**

9am-4pm cst

RSVP to akramer@vinu.edu



VINCENNES
UNIVERSITY

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

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A Matter of Balance Lay Leader Model

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