



**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

**DECEMBER 4, 2024**

**GENERATIONS  
1019 N. 4th St  
VINCENNES, IN—ROOM 305  
9am-4pm est**

**RSVP to [akramer@vinu.edu](mailto: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**

Recognized for Innovation and Quality in Healthcare and Aging, 2006, American Society on Aging.  
A Matter of Balance Lay Leader Model was developed by a grant from the Administration on Aging (#90AM2780).

*The University of Southern Indiana Geriatrics Workforce Enhancement Program is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of an award totaling \$5,000,000 with 0% percentage financed with non-governmental sources. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by HRSA, HHS, or the U.S. Government.*

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**Generations**  
Area 13 Agency On Aging & Disability  
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