



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

## Looking for Volunteer Coaches

**Chances are you know someone who has fallen or who is afraid of falling. A Matter of Balance is a proven program designed to help people manage concerns about falls and increase physical activity. Southern Maine Agency on Aging is looking for volunteers to help provide this program.**

**This program emphasizes practical strategies to manage falls.**

### **Participants learn to:**

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength and balance

**Classes are held twice a week for 4 weeks for 2 hours each.**

**Coaches help participants become more confident about managing falls, help to identify ways to reduce falls, and lead exercises to help increase strength and balance.**

### **What do you need to be a coach?**

- good communication and interpersonal skills
- enthusiasm, dependability and a willingness to lead small groups of older adults
- ability to lead low to moderate level exercise

### **Get Trained!**

**When: March 4<sup>th</sup> & 5<sup>th</sup> from 9 AM – 1 PM**

**Where: Cumberland County Department of Social services**

***Presented by UNC Trauma Program and Mid-Carolina Area Agency on Aging***

*To Register Please Contact Lindsay Bailey at 984-274-9874 or  
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#### **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).*