



A MATTER OF
BALANCE

MANAGING CONCERNS ABOUT FALLS

P R E S S R E L E A S E

**A Free Matter of Balance Coach Training being offered by
Area Agency on Aging of Western Michigan**

**Place: Area Agency on Aging
1279 Cedar NE
Grand Rapids, MI**

Date: April 18 and 19, 2011

Time: 9 am – 4 pm

Lunch will be provided

What is Matter of Balance?

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.

A Matter of Balance: Managing Concerns About Falls is conducted in 8 two-hour sessions and uses group discussion, problem-solving strategies, videos and gentle physical exercise. Older adults learn positive coping methods to reduce fear of falling and remain active and independent.

A Matter of Balance coaches help participants become more confident about managing falls by believing that they can increase their strength, find ways to reduce falls, and protect themselves if they do fall. In addition, participants report that they have increased the amount they exercise on a regular basis.

A Matter of Balance coaches need good communication and interpersonal skills, enthusiasm, dependability and a willingness to lead small groups of older adults. Coaches also need to be able to lead low to moderate level exercise. Coaches need not be healthcare professionals, and in fact, lay leaders are preferred.

Area Agency on Agency is offering this free training for providers who may want to offer this program to their older adults. **Each provider should have two coaches trained, as sessions are taught in pairs. We will also need a commitment from your agency to hold two trainings within a 12 month period of time.** If you are interested in attending the free training, please contact Barbara Nelson at 616.222.7011 or email Barb@aaawm.org by March 31, 2011. The training is limited to 16 participants, so you may want to register early. If you would like more information, contact Barbara Nelson at 616.222.7011

A Matter of Balance: Managing Concerns About Falls

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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).