

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 SATISFACTION:

97% are more comfortable talking about fear of falling

97% feel comfortable increasing activity

99% plan to continue exercising

98% would recommend A Matter of Balance

PARTICIPANT IMPROVEMENT:

Falls Efficacy

Falls Management

Falls Control

Exercise Level

Monthly Falls