



MINNESOTA RIVER
Area Agency on Aging®

A Matter of Balance

Fact Sheet

<p>Evidence – Based</p>	<ul style="list-style-type: none"> • Implemented previously • Evaluated by researchers and found to make positive differences • Utilize proven strategies • Provided by local organizations • Accept participant referrals
<p>Classes</p>	<ul style="list-style-type: none"> • Eight sessions • Meets weekly or twice weekly for two hours per session • Led by 2 trained coaches • Exercise and education components • Hosted in a community setting for 8-12 participants • Guest Healthcare Professional visit
<p>Program Content</p>	<ul style="list-style-type: none"> • View of falls and fear of falling as controllable • Realistic goals for increasing activity • Changes to the environment to reduce fall risk factors • Exercise to increase strength and balance
<p>Outcomes</p>	<ul style="list-style-type: none"> • 97% of participants are more comfortable talking about fear of falling • 97% feel comfortable increasing activity • 99% plan to continue exercising • Significant health care savings demonstrated -2013 Report to Congress by the Center for Medicare and Medicaid Services

To find local workshops visit Minnesota River Area Agency on Aging website www.mnraaa.org and click on calendar or call 507.387.1256.