

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 yourjuniper.org or call 507.387.1256.