

A MATTER OF BALANCE

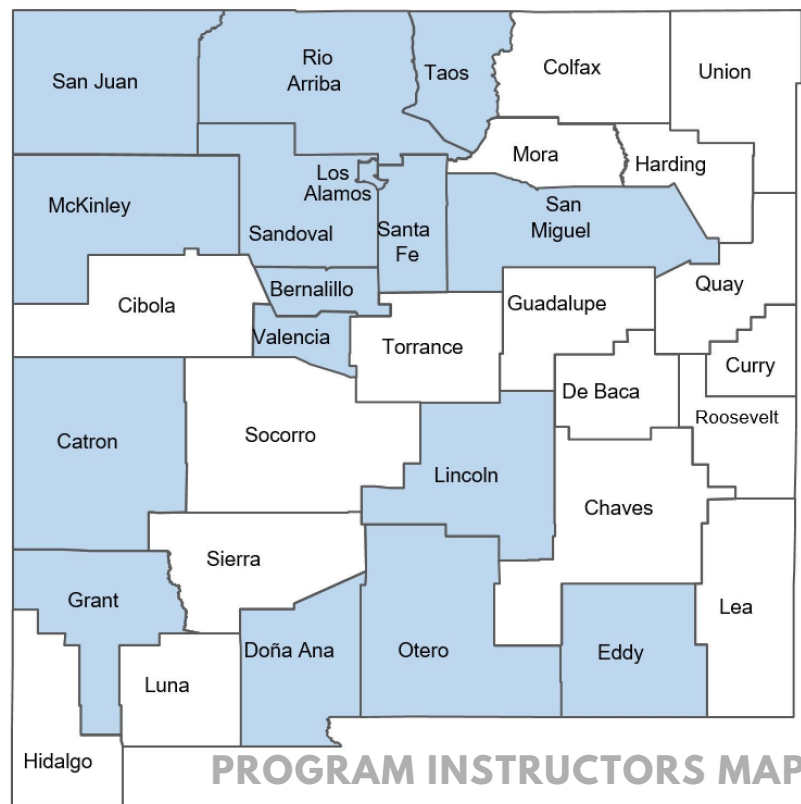
MANAGING CONCERNS ABOUT FALLS

@NMDOH



WHAT IS A MATTER OF BALANCE?

A Matter of Balance is a community intervention designed to reduce the fear of falling and increase physical activity. A group class, led by a Master Trainer or coach, meets once a week. The focus of the class is to enhance self-efficacy among older adults to live independently. More information, including a video testimony, can be found at MaineHealth.Org.



MEET THE DEVELOPER

MAINE HEALTH

In October 2003, Maine Health's Partnership for Healthy Aging, Southern Maine Agency on Aging, Maine Medical Center's Geriatric Center and the University of Southern Maine received grant funding from the Administration on Aging to translate A Matter of Balance into a program that uses volunteer lay leaders instead of healthcare professionals to deliver the class. The collaborative developed a structured tool kit and curriculum as part of a Master Trainer program. Master Trainers are responsible for teaching the curriculum to coaches and providing them with guidance as they lead classes. Because the Lay Leader Model certifies volunteer Master Trainers instead of health professionals, it reduces the cost to deliver the program. The program is now offered in 41 states.

98%
OF PARTICIPANTS RECOMMEND THE PROGRAM

8 CLASS SESSIONS

2 HOUR SESSION LENGTH

56 TRAINERS AND COACHES



ADULT FALLS PREVENTION
NEW MEXICO'S EVIDENCE-BASED INTERVENTIONS
WWW.NMHEALTH.ORG/ABOUT/ERD/IBEB/OAFP