



**A MATTER OF
BALANCE**
MANAGING CONCERNS ABOUT FALLS

Do You Have Concerns About Falling?

A MATTER OF BALANCE is an award-winning evidence-based program that emphasizes practical strategies to manage falls



COACHING RESPONSIBILITIES

- Good communication
- Lead 8 sessions of fall prevention topics: home safety, medication management, getting up from a fall
- Exercise demonstration
- Promote socialization
- Interest in working with older adults
- And HAVE FUN!

COACHES HELP PARTICIPANTS

- View falls as controllable
- Set goals for increasing activity
- Make changes to reduce fall risks at home
- Exercise to increase strength and balance
- Proper way to fall or get up from a fall

AUGUST 26, 2025

GENERATIONS

1019 N. 4th St

VINCENNES, IN—ROOM 320

9am-4pm est

RSVP to akramer@vinu.edu



A Matter of Balance: Managing Concerns About Falls Volunteer Lay Leader Model ©2006

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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).

The University of Southern Indiana Geriatrics Workforce Enhancement Program is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of an award totaling \$5,000,000 with 0% percentage financed with non-governmental sources. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by HRSA, HHS, or the U.S. Government.

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