

Falls among older adults have reached epidemic proportions and rates continue to rise.

Statistics show that 1 in 3 Ohio adults, age 65+ fall each year.



Falling is NOT a Normal Part of Aging!

Your risk of falling decreases the moment you stop being afraid of falling. A Matter of Balance is a community based workshop that can help you see falls as something that **YOU CAN CONTROL**. A Matter of Balance is an eight week program. It is held once a week for eight consecutive weeks. Each session is two hours in length. For more information on A Matter of Balance, please call the Putnam County Council on Aging at 419-523-4121.



MANAGING CONCERNS ABOUT FALLS

A Matter of Balance: Managing Concerns About Falls Volunteer Lay Leader Model © 2006. This program is based on Fear of Falling: A Matter of Balance. Copyright © 1995 Trustees of Boston University. All rights reserved. Used and adapted by permission of Boston University.

Putnam County Council on Aging, Inc.

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www.putnamcouncilonaging.org



United Way
of Putnam County

Partner Agency

DO YOU HAVE CONCERNS ABOUT FALLING?



A Matter of Balance
Managing Concerns About Falls

An award winning fall prevention program offered by the:



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It Is A Matter of Balance!

When you fear falling, you may change your behavior in ways that actually increase your risk of falling. For example, you may become less active, start shuffling your feet when you walk or rely on objects around you for balance.



A Matter of Balance is an evidenced-based program designed to reduce your fear of falling and help you increase your activity levels by promoting exercise to enhance balance, strength and flexibility.

A Matter of Balance will teach you to:

- View falls and the fear of falling as controllable;
- Set realistic goals for increasing activity; and
- Change your environment to reduce fall risk factors.

A Matter of Balance is for you if:

- You are concerned about falls;
- You have fallen in the past;
- You don't do things you used to enjoy because you fear falling, or
- You want to improve your balance, strength and flexibility.

Those who have completed A Matter of Balance say it made them more comfortable talking about their fear of falling, and that they plan to continue exercising to increase their activity level.



A Matter of Balance Program Details

A Matter of Balance uses trained coaches to teach older adult exercises that will help with balance, strength and flexibility. Each class builds upon the previous week, so plan to attend all eight sessions.

Session 1: Program Introduction

Session 2: Exploring Thoughts and Concerns about Falling

Session 3: Exercise and Fall Prevention

Session 4: Assertiveness and Fall Prevention

Session 5: Managing Concerns About Falling

Session 6: Recognizing "Fall-ty" Habits

Session 7: Recognizing Fall Hazards in the Home and Community

Session 8: Practicing "No Fall-ty Habits" and Fall Prevention: Putting it All Together