

A Matter of Balance Volunteer Lay Leader Model



**A MATTER OF
BALANCE**

MANAGING CONCERNS ABOUT FALLS

This award winning* program is designed to reduce the fear of falling and increase the activity levels of older adults who have concerns about falls.

This program utilizes volunteer coaches to teach the eight two-hour sessions.



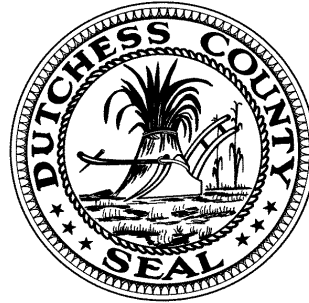
*Awards

2006 Healthcare and Aging Award
American Society on Aging

2006 Innovations and Achievements Award
National Association of Area Agencies on Aging

For more information about
A Matter of Balance,
please call:

**Dutchess County
Office for the Aging
(845) 486-2555**



The Dutchess County Office for the Aging is a County Agency funded under Title III of the U.S. Older Americans Act, the New York State Office for the Aging, and the County of Dutchess.

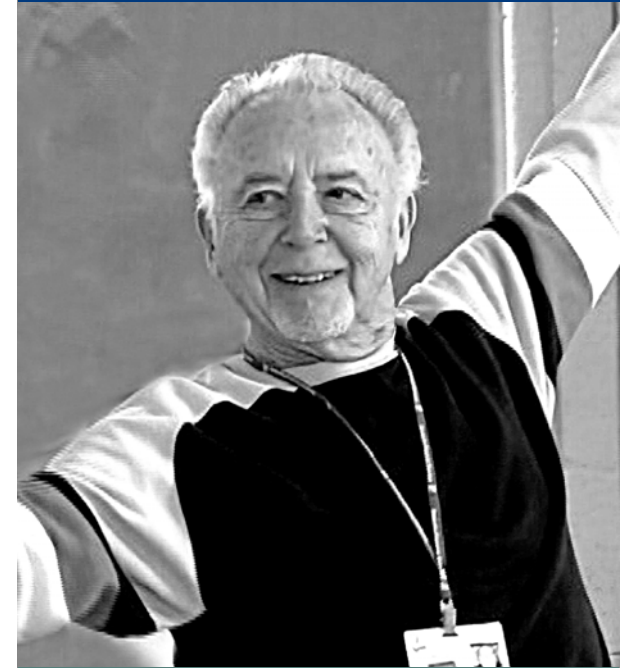
Sponsored by



HEALTHQUEST

NORTHERN DUTCHESS HOSPITAL PUTNAM HOSPITAL CENTER VASSAR BROTHERS MEDICAL CENTER

AN AWARD WINNING PROGRAM



Do you have
concerns about
falling?

A Matter of Balance
can help reduce the
fear of falling and
increase the activity
levels of older adults
who have concerns
about falling.

CLASSES HELP

PARTICIPANTS LEARN TO:

- view falls and fear of falling as controllable
- set realistic goals for increasing activity
- change their environment to reduce fall risk factors
- promote exercise to increase strength and balance

DESIGNED TO BENEFIT COMMUNITY-DWELLING OLDER ADULTS WHO:

- are concerned about falls
- have sustained a fall in the past
- restrict activities because of concerns about falling
- are interested in improving flexibility, balance and strength
- are age 60 or older, ambulatory and able to problem-solve

Here's what participants say about A MATTER OF BALANCE:

"I am already noticing a difference in my physical being. I plan to continue these exercises. Hopefully I'll be jumping over the moon soon."

"I seem to be more aware of every situation for my safety. I now 'stop, look and listen' to my surroundings."



A MATTER OF BALANCE OUTCOMES AT 6 MONTHS

PARTICIPANT SATISFACTION:

97% are more comfortable talking about fear of falling

97% feel comfortable increasing activity

99% plan to continue exercising

98% would recommend A Matter of Balance

PARTICIPANT IMPROVEMENT:

Falls Efficacy

Falls Management

Falls Control

Exercise Level

Monthly Falls

Dear "A Matter of Balance" Participant:

Thank you for your interest in the Dutchess County Office for the Aging's "A Matter of Balance" program, sponsored by Health Quest.

A Matter of Balance is designed to reduce the fear of falling and increase activity levels among older adults. Participants agree to attend eight two-hour sessions designed to help them learn to view falls and fear of falling as controllable and set realistic goals for increasing activity and to promote exercise to increase strength and balance.

Please fill out the attached Participant Application and return it to:

Dutchess County Office for the Aging, 27 High Street, Poughkeepsie, NY 12601.

There is a suggested contribution of \$10 for the entire 8-week program. The "A Matter of Balance" Program is partially funded by the New York State Office for the Aging and the U.S. Administration on Aging, which require all participants be given the opportunity to make a confidential, voluntary donation toward the cost of the service.

This is a suggested donation only, and a decision not to contribute, or the inability to contribute, will in no way impact the level of service you receive. This suggested donation can be mailed with your application. Checks should be made out to Office for the Aging with A Matter of Balance on the memo line.

There is no need for a doctor's note for placement into A Matter of Balance; however, you must be at least 60 years of age, ambulatory and able to problem solve. We will call you upon receipt of your application and let you know where and when the next class is.

Yours truly,

A handwritten signature in black ink, appearing to read "Todd N. Tancredi".

Todd N. Tancredi, Director
Dutchess County Office for the Aging



Dutchess County Office for the Aging • 27 High St., Poughkeepsie NY 12601

A Matter of Balance: Managing Concerns About Falls

Participant Application

Today's Date: _____ Date of Birth: _____

Name: _____ Gender: Female Male

Address: _____

Phone: _____ E-mail: _____

Best way to contact me: _____

Emergency Contact Name: _____

Phone: _____

Age Group: Less than 50 yrs 50-54 yrs 55-59 yrs 60-64 yrs

65-69 yrs 70-74 yrs 75-79 yrs 80-85 yrs Over 85 yrs

I acknowledge that I have read and understand the information sheet pertaining to the "A Matter of Balance" Program and that I am agreeing to attend this class once a week for eight weeks.

Signature _____ Date _____

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Sponsored by:

