

Workshop Information

A Matter of Balance is a program for people who have fallen in the past, have a risk of falling, and who may be reducing their activities due to a fear of falling. The workshop is conducted over eight sessions, meeting weekly or twice weekly for two hours per session.

What You Will Learn

- How to view falls and the fear of falling as something controllable
- Practical ways to change your environment to reduce the risk of falling
- Exercises to increase your strength and balance (no matter what your current activity level is now)
- How to set realistic goals for increasing your activity level

Quotes from Participants

"My attitude about falling has changed. I not only am no longer afraid of falling, I now am sure I won't fall, if I am careful. When I started the class I needed to use a walker for balance. Now I don't."

"I enjoyed this class and found it to be very helpful. My balance is much stronger now."

"I am more aware of my surroundings and take extra time to be sure of my steps and limits, but I will continue to do more."

"The class reinforced my awareness of how easily one can fall and what precautions to take."

"I am now stronger and have better balance which allows me to do some gardening and other chores requiring physical ability."

"I checked out my whole house & yard to see what would cause me to fall. We are fixing problems."

"We are going to install hand rails on our front porch for safety."

"The class was very beneficial. The instructors were patient, lessons were clear and understandable, practical to implement."

More Information on A Matter of Balance

Boston University—A Matter of Balance was developed by researchers at Boston University. More information on the program is available at <http://www.bu.edu/hdr/products/balance/index.html>

MaineHealth Partnership for Healthy Living conducts A Matter of Balance workshops throughout Maine and also trains Lay Leaders and Master Trainers to teach A Matter of Balance workshops. http://www.mainehealth.org/mh_body.cfm?id=432