



A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

Chances are you know someone who has fallen or who is afraid of falling. A Matter of Balance is a proven program designed to help people manage concerns about falls and increase physical activity. Agency on Aging of the Coastal Bend is looking for volunteers to help provide this program.

JOIN US ON SEPTEMBER 13th, 2023
8:30 AM – 4:30 PM
2910 LEOPARD ST., CC, TX 78408
AREA AGENCY ON AGING OF THE COASTAL BEND

This 8-hour training will teach lay facilitators to become coaches for A Matter of Balance (MOB), under the Area Agency on Aging of the Coastal Bend MOB license. Coach duties include leading group discussions, demonstrating low impact exercises, and maintaining class records.

This program emphasizes practical strategies to manage falls.

Participants learn to:

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength and balance

Classes are held either once a week for 8 weeks or twice a week for 4 weeks for 2 hours each.

Coaches help participants become more confident about managing falls, help to identify ways to reduce falls, and lead exercises to help increase strength and balance.

What do you need to be a coach?

- good communication and interpersonal skills
- enthusiasm, dependability and a willingness to lead small groups of older adults
- ability to lead low to moderate level exercise

For additional information call the Area Agency on Aging
@ (361) 883-3935 or to register please contact:
Griselda Ramos @ griselda@cbcogaaa.org or
Felipa Wilmot @ felipa@cbcogaaa.org

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.

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