



## “A Matter of Balance” Fall Prevention Workshops

A “Matter of Balance” is an award winning program (2006 Healthcare and Aging Award, *American Society on Aging*, 2006 Innovations and Achievements Award *National Association of Area Agencies on Aging*) designed to reduce the fear of falling and increase the activity levels of older adults who have concerns about falls.

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

The program is 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

Here are some things that participants have said 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.” And “I seem to be more aware of every situation for my safety. I now, stop, look and listen to my surroundings.”

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

To find a workshop near you, go to

<https://www.iowaaging.gov/matter-balance-workshops> or call Margaret DeSio at (515) 633-9520