



A Matter of Balance

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** by learning exercises to help you with your balance.

A Matter of Balance was developed by MaineHealth's Partnership for Healthy Aging and is available in all 88 Ohio counties, thanks to partnerships with area agencies on aging, senior centers, your local EMS and others. Contact your area agency on aging at 1-866-243-5678 or visit steadyu.ohio.gov to learn more.



Ohio

Department of Aging

Empowering Elders. Strengthening Communities.

A Matter of Balance is a program of the Ohio Department of Aging. The department provides resources and supports to help older Ohioans and their families live healthier and more active lives, access services and support to remain in or return to the community, and much more.

Visit www.aging.ohio.gov.



Reduce

Your Risk

of Falling

Ohio

Department of Aging

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 when you walk or rely on objects around you for balance.



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

A Matter of Balance will teach you to:

- View falls and 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 flexibility, balance and strength.



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



**Preventing Falls...
One Step at a Time**

www.steadyu.ohio.gov

A Matter of Balance is part of the STEADY U Ohio initiative. STEADY U provides information and resources to individuals, family members, businesses, communities and more to prevent falls, one step at a time.

Program Details

A Matter of Balance uses trained coaches to teach older adult exercises that will help with strengthening and balance (25 - 30 minutes during sessions 3 through 8). Each class builds upon the previous week, so plan to attend all eight.

- 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" Fall Prevention: Putting it All Together

A Matter of Balance is available to older Ohioans in all 88 Ohio Counties!