



A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

Program Description

A Matter of Balance (MOB) is an 8-week structured group intervention that emphasizes practical strategies to reduce the fear of falling and increase activity levels among older adults. Learning to shift one's thoughts from negative to positive thinking patterns about falls leads to success in efforts to prevent falls.

Program Goals

- View falls and fear of falling as controllable
- Set realistic goals to increase activity
- Make changes to reduce fall risks at home
- Increase strength and balance

Who is it for?

- Adults 60 or older, ambulatory, able to problem-solve
- Adults concerned about falls and interested in improving flexibility, balance and strength



Health outcomes

- 97% of participants 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
- \$938 savings in the area of unplanned inpatient hospitalizations, skilled nursing facilities and home health

Length/timeframe of the program:

- In person workshops meet either once or twice a week for a total of eight, two-hour sessions
- Virtual workshops meet for nine sessions, with the first session to include instruction on how to navigate a virtual platform.

Program delivery: MOB can be implemented remotely or in a traditional face-to-face setting. Offered in English and Spanish.

Recommended class size: 8 – 12 participants (minimum of 8, maximum of 14)

How to Discuss With Patients

Older adults highly value their independence and worry about the implications of being labeled as a fall risk. They may not openly discuss their fears or concerns about falling. As such, it may be necessary for you to initiate the discussion. Please advise your patient that the goal of this program is to remain independent, active and at home for as long as possible. Emphasize the program provides education and support in order to stay active and reduce fall risks. You may want to highlight the social benefits of the program and that many similar patients have benefited greatly from the group classes.