



## Interested in helping older adults stay active? Become A Matter of Balance Coach!

**A Matter of Balance** is an evidence-based program designed to reduce the fear of falling and increase the activity levels of older adults who have concerns about falls. Classes are led by two trained lay leader-coaches, a background in the health profession is not required to qualify as a coach. Classes are facilitated in person and virtually.

To ensure program effectiveness and fidelity, Maine Health has set the following expectations of anyone who wishes to serve as a coach and lead A Matter of Balance classes:



- Good communication and interpersonal skills
- Enthusiasm and dependability
- Willingness to lead a small group
- Interest in working with older adults
- Life experiences valued, with education or health care experience a plus
- Ability to perform range of motion and low-level endurance exercises
- Ability to carry up to 20 lbs.

### All coaches must:

- Complete 8 hours of training
- Complete two workshops within 12 months of finishing the training
- Have an agreement with a licensed organization with a Master Trainer they will work under while conducting workshops
- Complete 2.5 hours of update training annually

For more information about how to become A Matter of Balance Coach email [ilpthreferral@ageoptions.org](mailto:ilpthreferral@ageoptions.org).