

A Matter of Balance

Did you know?

- ⇒ Falls and fall-related injuries seriously affect older adults' quality of life and present a substantial burden to the health care system.
- ⇒ One in three Ohio adults age 65 and older falls each year.
- ⇒ Falls are the #1 cause of injury-related emergency department visits, hospitalizations and deaths for Ohioans age 65 and older.

Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels. It can help you if you:

- Have sustained falls in the past
- Restrict activities because of concerns about falling
- Are interested in improving flexibility, balance and strength
- Are age 60 or older, ambulatory and able to problem solve



Mitchell Briant (above, far right) from Delaware County, Ohio is a Matter of Balance master trainer

Health Benefits of Participating in a Matter of Balance

What Participants Learn from A Matter of Balance Class?

- View falls and fear of falling as controllable
- Set realistic goals for increasing activity
- Find ways to change the environment to reduce fall risk factors
- Learn simple exercises to increase strength and balance

What to Expect from a Matter of Balance

A Matter of Balance consists of eight two-hour sessions for groups of 8 to 12 participants. It utilizes a variety of activities to address physical, social and cognitive factors affecting fear of falling and to teach fall prevention strategies. Activities include group discussion, problem-solving, skill building, assertiveness training, videos, sharing practical solutions and exercise training.

More Resources

Falls are not a normal part of aging. There are simple steps that older adults can take to reduce their risk for a fall. To find A Matter of Balance program in your area or additional resources about fall prevention contact:

The Ohio Department of Health, Office of Healthy Ohio, Violence and Injury Prevention Program:

www.healthyohioprogram.org/vipp/injury.aspx or call 614-466-2144.

Additional Resources

MaineHealth's Partnership for Healthy Aging: A Matter of Balance www.mainehealth.org/MOB

NIS Senior Health: <http://nihseniorhealth.gov/falls/aboutfalls/01.html>

National Council on Aging: <http://www.ncoa.org/improve-health/falls-prevention/>

