

# Do You Have Concerns About Falling?

**A MATTER OF BALANCE** is an award-winning evidence-based program that emphasizes practical strategies to manage falls

## **COACHING RESPONSIBILITIES**

- Good communication
- Lead 8 sessions of fall prevention topics: home safety, medication

## **COACHES HELP PARTICIPANTS**

- View falls as controllable
- Set goals for increasing activity
- Make changes to reduce fall risks at home
- Exercise to increase strength and balance
- Proper way to fall or get up from a fall

