

MATTER OF BALANCE

(<http://www.mainehealth.org/mob>)



MANAGING CONCERNS ABOUT FALLS

Many older adults experience a fear of falling. People who develop this fear often limit their activities, which can result in physical weakness, making the risk of falling even greater. A Matter of Balance: Managing Concerns About Falls is a program designed to reduce the fear of falling and increase activity levels among older adults.

A Matter of Balance includes eight two-hour sessions for a small group led by a trained facilitator. This nationally recognized program was developed at the Roybal Center at Boston University.

During the class, participants learn to:

- View falls as controllable
- Set goals for increasing activity
- Make changes to reduce fall risk at home
- Exercise to increase strength and balance

The program was designed to benefit community-dwelling older adults who:

- Are concerned about falls
- 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

The program is offered on a periodic basis. Class size is limited and registration is required. Call the Torrington Area Health District at 860-489-0436, extension 314 for more information.