



A Matter of Balance

– A Living Well Workshop –

Falling is NOT an inevitable result of aging. Falls are however, the leading cause of injury-related deaths, hospitalizations, and emergency room visits, including head injuries and broken hips, among older adults in Georgia.

So, it's for good reason many older adults are afraid of falling. People who develop this fear often limit their activities, which can result in physical weakness. However, it is possible to substantially reduce falls through interventions and practical lifestyle adjustments.

A Matter of Balance is an eight-week, falls prevention workshop designed to reduce the fear of falling and increase activity level among older adults. The program is facilitated by two certified lay leaders. Each class, of up to 16 participants, lasts two hours. Activities include group discussion, problem-solving, skills building, assertiveness training, videotapes, sharing practical solutions, and exercise training.

Participants will learn to:

- ◆ View falls as controllable
- ◆ Set realistic goals for increasing activity
- ◆ Change their environment to reduce fall risk factors
- ◆ Exercise to increase strength and balance

After completing the workshop:

- ◆ 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

"I'm going out more without the fear of falling."

Workshop participant, Douglasville

Learn more about **A Matter of Balance**. Call **Dana Heyl, MPH** at **470-631-6015** or **dhey@atlantaregional.org**.

A Matter of Balance is based upon research conducted by the Roybal Center for Enhancement of Late-Life Function at Boston University.