



## A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

### PROGRAM OVERVIEW

A Matter of Balance is an 8-week structured group intervention that emphasizes practical strategies to reduce fear of falling and increase activity levels. Participants learn to view falls and fear of falling as controllable, set realistic goals to increase activity, change their environment to reduce fall risk factors, and exercise to increase strength and balance.

### FACTS ABOUT A MATTER OF BALANCE

Medical studies have shown that practicing this program reduces pain significantly, prevents falls for the elderly, and improves many aspects of health. For these reasons, Arthritis Foundations around the world have supported the program; in particular the Arthritis.

### MAJOR FINDINGS

It is an evidence-based intervention and after completing A Matter of Balance:

- 97% of participants are more comfortable talking about fear of falling
- 97% feel comfortable increasing activity
- 99% plan to continue exercising
- 98% would recommend MOB

