

DO YOU WANT TO **help older adults**
with concerns about falling?

**A MATTER OF
BALANCE:
MANAGING
CONCERNS ABOUT
FALLS**

Coach Training

**Wednesday & Thursday
March 3 & 4, 2010
1:00 p.m. - 5:00 p.m.
*MUST ATTEND BOTH DAYS***

**Randleman Senior Center
144 W. Academy Street
Randleman, NC 27317**

**For more information
please contact:
Kim Johnson
(336) 294-4950
kjohnson@ptcog.org**

**Sponsored by:
Piedmont Triad Council of
Governments
Rockingham Community College-
Center for Active Retirement
Randleman Senior Center**



**A MATTER OF
BALANCE**
MANAGING CONCERNS ABOUT FALLS

DID YOU KNOW:

- ⇒ **More than 1/3 of adults 65 and older fall each year in the United States?**
- ⇒ **Among older adults, falls are the leading cause of deaths by unintentional injury?**
- ⇒ **The rates of fall-related deaths among older adults rose significantly over the past decade?**
- ⇒ **Many people who fall, even those who are not injured, develop a fear of falling. This fear may cause the individual to limit their activities, leading to reduced mobility and physical fitness and increasing their actual risk of falling!**

A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels in older adults.

Join us for a COACH Training Class!

As a Matter of Balance Coach, you will have the opportunity to receive materials and instruction that will allow you to lead classes as a Certified Matter of Balance Coach in your local community!

**For more details
See the Coach Job Description attached to this flyer!**

A Matter of Balance: Managing Concerns About Falls

This program is based on Fear of Falling: A Matter of Balance. Copyright ©1995 Trustees of Boston University. All rights reserved. Used and adapted by permission of Boston University.

A Matter of Balance Lay Leader Model

Recognized for Innovation and Quality in Healthcare and Aging, 2006, American Society on Aging.

A Matter of Balance Lay Leader Model was developed by a grant from the Administration on Aging (#90AM2780).

A MATTER OF BALANCE: Managing Concerns about Falls

Coach Job Description

Expectations of a Coach:

Matter of Balance Coaches are responsible for facilitating Matter of Balance classes with another coach in their local community. Classes may be held at Senior Centers, Retirement Communities, Churches, etc. Matter of Balance Classes are held over eight sessions for two hours each session.

Training Expectations:

- ⇒ Attend eight hours of coach training and earn A Matter of Balance Certification.
- ⇒ Attend 2.5 hours of facilitator training updates annually.
- ⇒ Agree to facilitate two Matter of Balance classes within one year of certification.

Classroom Responsibilities:

A Matter of Balance Classes are taught by two certified coaches. Coaches are expected to meet in advance of the training to plan and discuss the upcoming class.

- ⇒ Prepare for each class by reviewing the Matter of Balance manual and materials.
- ⇒ Organize the classroom with supplies and refreshments.
- ⇒ Present the class according to the directions, training, and material provided.
- ⇒ Encourage interactive discussion about the concepts and skills presented.
- ⇒ Demonstrate and coach the exercises outlined in the Matter of Balance Program.
- ⇒ Monitor and connect with each participant.
- ⇒ Promote socialization and a solution-oriented environment among the participants.
- ⇒ Have fun!

Other Coach Qualifications:

- ⇒ Good Communication-with Master Trainers, fellow Coaches, and participants
- ⇒ Enthusiasm
- ⇒ Dependability
- ⇒ Willingness to lead a small group
- ⇒ Interest in working with older adults
- ⇒ Ability to perform range of motion and low-level endurance exercises
- ⇒ Ability to carry up to 20 lbs.



**A MATTER OF
BALANCE**

MANAGING CONCERNS ABOUT FALLS

Registration Form

Please print clearly

A Matter of Balance COACH Training

**Randleman Senior Center
144 W. Academy Street
Randleman, NC 27317**

**Wednesday & Thursday
March 3rd and 4th, 2010
1:00 p.m. - 5:00 p.m.**

****Attendance at BOTH DAYS of Training is Required!****

Name: _____ Title: _____

Facility/Organization: _____

Address: _____

Phone #: _____ Email: _____

**There is NO CHARGE for Coach Training, but ADVANCE REGISTRATION IS REQUIRED!
Coaches must attend both days of training AND facilitate at least
two Matter of Balance classes with another coach within one year of certification.**

SPACE IS LIMITED! EARLY REGISTRATION IS ENCOURAGED!

Return completed registration form no later than February 17, 2010 to:

**Kim Johnson, Regional Long-Term Care Ombudsman
Piedmont Triad Council of Governments
2216 W. Meadowview Road, Suite 201
Greensboro, NC 27407
FAX (336) 632-0457**

Questions??

Contact Kim Johnson at (336) 294-4950 or kjohnson@ptcog.org