

A Matter of Balance

Purpose

A Matter of Balance is an evidence-based program designed to help older adults manage concerns about falls and increase physical activity. A Matter of Balance is conducted in eight two-hour sessions and uses group discussion, problem-solving strategies, videos and gentle physical exercise. Older adults learn positive coping methods to reduce their fear of falling and remain active and independent.

Impact

Participants report:

- More control over factors that lead to falls
- Increased exercise and activity levels
- Fewer falls
- Feeling comfortable talking about their fear of falling
- Plan to continue exercising.

98% of participants would recommend A Matter of Balance to their friends and loved ones.

“I seem to be more aware of every situation for my safety. I now ‘stop, look and listen’ to my surroundings.” -- Participant.



Ohio State Colleges/Units Involved

College of Education and Human Ecology
College of Food, Agricultural, and Environmental Sciences

Community Partners Involved

Ohio Department of Aging
County Senior Services



Contact

Carmen Irving
Healthy Relationships
Program Specialist
FCS Extension
College of Education and Human Ecology
College of Food, Agricultural and Environmental Sciences

irving.31@osu.edu
<http://livesmartohio.osu.edu/>



THE OHIO STATE
UNIVERSITY