

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

How you can get involved:

- Support our partners
- Volunteer to assist with program
- Provide child care for other volunteers

To get involved, contact:

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