



Media Advisory

Contact: Mary Rose McBride,

For Immediate Release

Phone: (585) 244-8400, ext. 112

Rochester, NY – Chances are you know someone who has fallen or who is afraid of falling. A Matter of Balance is a proven program designed to help people manage concerns about falls and increase physical activity. Lifespan's RSVP and Falls Prevention programs are looking for volunteers to help provide this class.

A Matter of Balance: Managing Concerns about Falls 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 fear of falling and remain active and independent.

A Matter of Balance coaches help participants become more confident about managing falls by believing that they can increase their strength, find ways to reduce falls, and protect themselves if they do fall. In addition, participants report that they have increased the amount they exercise on a regular basis.

A Matter of Balance coaches need good communication and interpersonal skills, enthusiasm, dependability and a willingness to lead small groups of older adults. Coaches also need to be able to lead low to moderate level exercise. Coaches over the age of 55 are particularly good, since they act as peers. They are also enrolled in RSVP, which is a national volunteer mobilizing program sponsored locally by Lifespan for those over the age of 55.

Lifespan is hosting a two-part training on June 15 & 17 for volunteers who wish to become coaches. Space is limited, so pre-registration is required. There is no cost.

For more information about Matter of Balance or becoming a coach, contact Mary Beth Gueldner at 244-8400 Ext. 128 (email: mbgueldner@lifespan-roch.org) or Marian Bauman-O'Dell at 301-1834 (email: mbauman-o'dell@lifespan-roch.org).

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).