



Become a Certified Coach for A Matter of Balance

**VOLUNTEER
OPPORTUNITY!**

"It's very satisfying when I see participants gain confidence and boost their sense of optimism while having fun with each other. As a coach, I get the same experience."



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

FALLS ARE THE #1 CAUSE OF FATAL AND NON-FATAL INJURIES FOR SENIORS

Help seniors learn fall prevention tips!

In collaboration with *A Matter of Balance*, the award-winning falls prevention program for senior adults, we're recruiting volunteer coaches to help keep our senior community safe. Falls are a serious concern. This program has proven to be effective in raising awareness about fall-related injuries, emphasizing practical strategies to help reduce the fear of falling, increasing activity levels in seniors, and decreasing the incidence of falls.

REQUIREMENTS:

- 18 years of age
- Good communication and interpersonal skills
- An authentic interest in older adults
- Enthusiasm and dependability
- Ability to facilitate small group discussion and perform/instruct low-intensity classes

Volunteer coaches must commit to 8 hours of time for the initial training and certification, along with 2.5 hours of additional instruction annually. After the initial training, coaches then commit to leading two programs within 12 months of training. The training consists of 8 classes, 2 hours each, led by two volunteers.

For more information,
contact Beverly Winsor
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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).



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