



DARS

VIRGINIA DEPARTMENT FOR AGING
AND REHABILITATIVE SERVICES

*Supporting Virginians' efforts
to secure independence and employment*



Live Well, Virginia!



A MATTER OF
BALANCE
MANAGING CONCERNS ABOUT FALLS

DARS Presents ***“How to Reduce Your Risk of Falling”*** ***A Matter of Balance***

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Virginia
Arthritis and
Falls
Prevention
Coalition

*A Matter of Balance & Bingocize® are **evidence-based** health promotion programs to reduce the risk of falls in older adult.*

Evidence-based programs offer proven ways to promote health and prevent disease among older adults.



A Matter of Balance (MOB)

- Participants meet 1x a week for 8 weeks, either in-person or virtually. Each session is two hours long.
- Attendance is taken and participants that attend 5 out of the 8 sessions are considered “completers”.
- Participants will not be joining the group after the second session. The size of the group is limited so that all members will have time to talk and participate actively.



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A typical *A Matter of Balance* Session

- Presentation of that week's topic
- A group discussion and/or activities and skill training to reduce fear of falling and risks of falling
- A 10-minute refreshment break will be provided halfway through each in-person session
- Exercise for the last 35 minutes of each session (beginning in the 3rd session)



A Matter of Balance

Session's 3-8 - Exercises



Foot Circles

Sit with both feet on floor. Raise one foot and gently circle (rotate) your foot in a clockwise direction 5 times. Change direction and repeat.

Switch to the other foot and repeat.



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Toe Stands (Heel Raises)

Stand behind your chair. Use the chair for support. Place your feet about shoulder width apart and lift up your heels, rising up on to your toes. Pause, then return your heels to the floor.

Repeat 5-10 times. Add a set or practice on one foot, if appropriate.



Look Left, Look Right

Look to the left, look to the right. Move slowly.

Repeat 5 times.



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The Power of Positive Thinking



Example activity:

Question 11. *"I am generally nervous when I walk."*

The leader will ask the group for suggestions for putting a positive spin on this statement?

"I am confident when I walk because I've taken steps to prevent a fall, such as exercising, wearing sensible shoes, etc."



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For more information or to find a class near you contact

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