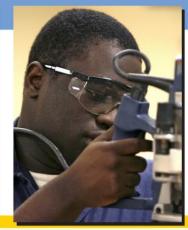


VIRGINIA DEPARTMENT FOR AGING AND REHABILITATIVE SERVICES

Supporting Virginians' efforts to secure independence and employment













# "How to Reduce Your Risk of Falling" A Matter of Balance

Andi Platea, Prevention Programs Coordinator February 2025









A Matter of Balance & Bingocize® are **evidencebased** 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.









### 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.





## 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."







For more information or to find a class near you contact

### Andi Platea

andi.platea@dars.virginia.gov (804) 662-9340







