Concerned About Falling?

Falls constitute a silent and serious public health hazard.

- The number of Texans age 65 and older will quadruple between 2000 and 2040
- 1,211 Texas residents died from falls in 2005
- 9.4 percent of all injury deaths in 2005 were the result of a fall
- One-half to two-thirds of falls occur around the home
- Majority of falls occur during routine activities
- Most falls have many causes
- Most falls are preventable!

A Matter of Balance is presented in Texas as a project of the Texas Falls Prevention Coalition and is supported by the Texas Association of Area Agencies on Aging through a grant from the Texas Department of Aging and Disability Services and sponsored by Humana.
**What is A Matter of Balance?**

*A Matter of Balance* is an award-winning program specifically designed to reduce the fear of falling and improve activity levels among adults who are aging and live in the community. The program acknowledges the risk of falling, but emphasizes practical coping strategies to reduce the sequence caused by the fear of falling.

*A Matter of Balance* consists of eight two-hour class sessions held once a week for eight weeks, or twice a week for four weeks.

The program utilizes volunteer lay leader coaches to teach the classes which include:

- group discussion,
- problem-solving strategies, and
- physical activity

“I feel that this class extended my lifetime by 2 or 3 years.”

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**Why A Matter of Balance?**

**Classes can help you learn to:**
- control falls and fear of falling
- gradually increase your activity
- reduce fall hazards in your home
- increase your strength and balance

**Classes are designed to benefit adults who are aging and live in the community:**
- are concerned about falls
- have sustained a fall in the past
- restrict activities due to concerns about falling
- want to improve flexibility, balance, and strength
- are age 60 or older
- can problem solve and are ambulatory

**Reported Participant Improvements:**
- general health status
- more days of being physically active
- increased knowledge of reducing risks that contribute to falls
- more likely to meet recommended physical activity levels

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**Find a Class**

*A Matter of Balance* lay leader coaches conduct classes in the community. Interested in participating in a class? Contact your local AAA by phone at 1-800-252-9240.

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**Get Involved!**

Sponsor a class—Agencies and other organizations can host a class.

Volunteer to become a lay leader coach and teach a class in a location near you.

Attend a training session to become a Master Trainer to train others and make presentations about *A Matter of Balance*.

For additional information on *A Matter of Balance*, how to get involved, or sponsor a class email the TFPC Coordinator at coordinator@texasfpc.org or visit our website at www.texasfpc.org