

A Matter of Balance: Managing Concerns About Falls

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Lifespan of Greater Rochester, Inc.

- Helps older adults take on both the challenges and opportunities of longer life.
- Lifespan provides a continuum of direct non-medical services and unbiased information, guidance and advocacy for older adults and caregivers.

What Do We Know about Falls and Older Adults?

- **Common**
- **Predictable**
- **Preventable**
- **Not a natural part of aging**

What Do We Know About the Fear of Falling?

- It is reasonable to be concerned about falls - safety is important
- 1/3 to 1/2 of older adults acknowledge fear of falling
- Fear of falling is associated with:
 - decreased satisfaction with life
 - increased frailty
 - depression
 - decreased mobility and social activity
- Fear of falling is a risk factor for falls
 - Increased risk for falls as a result of deconditioning

What Do We Know About A Matter of Balance (MOB)?

A Matter of Balance is a program:

- Based upon research conducted by the Roybal Center for Enhancement of Late-Life Function at Boston University
- Designed to reduce the fear of falling and increase the activity levels of older adults who have concerns about falls
- Overseen by Maine Health

A Matter of Balance: Managing Concerns about Falls

During 8 two-hour classes, participants learn:

- To view falls and fear of falling as controllable
- To set realistic goals for increasing activity
- To change their environment to reduce fall risk factors
- To promote exercise to increase strength and balance

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What Happens During Classes?

- Group discussion
- Problem-solving
- Skill building
- Assertiveness training
- Exercise training
- Videos
- Sharing practical solutions

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**Who could benefit from participation in MOB?
Anyone who:**

- is concerned about falls
- has sustained a fall in the past
- restricts activities because of concerns about falling
- is interested in improving flexibility, balance and strength
- is age 60 or older, ambulatory and able to problem-solve

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What Happens During Classes?

Exercises are a key component to the program

- Introduced in Session 3, incorporated into each subsequent class
- Focus on important “balance joints”
- Focus on upper and lower body range of motion, coordination, flexibility
- Emphasis on lower body strength
- Importance of individualized action plans, exercise goals, working within comfort zone

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What Happens During Classes?

- Discuss “fall-ty” habits, fall hazards in the home and community
- **Develop a sense of self-awareness, learn to be assertive about own needs to prevent falls**
- Evaluate home environment
- **Professional guest speaker (PT, RN, etc.)**
- Discuss “how to fall” and get up from a fall

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- **Designed to reduce the fear of falling and increase the activity levels of older adults who have concerns about falls**

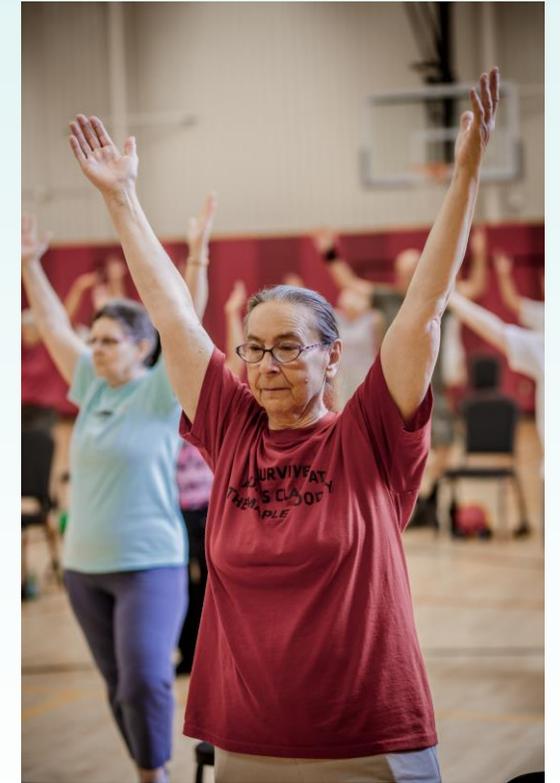
A MATTER OF BALANCE – FALL PREVENTION WORKSHOP

This eight-week workshop is proven to help reduce the fear of falling and increase the activity levels of older adults. The workshop is for people who are:

- Concerned about falls
- Have sustained a fall in the past
- Restrict activities because of concerns about falling
- Looking to improve flexibility, balance and strength
- Age 60 or older, ambulatory and able to problem-solve.

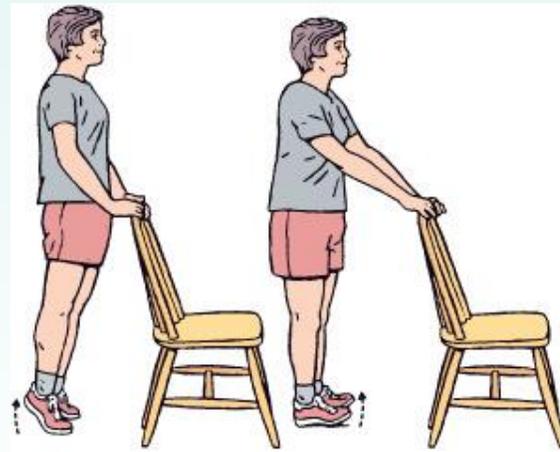
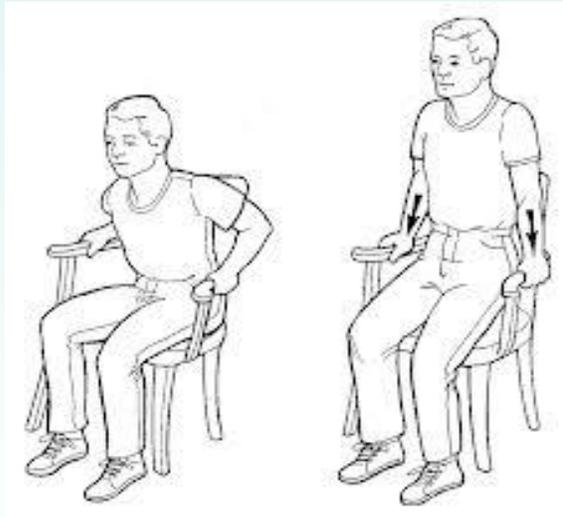
Workshops are offered year-round in diverse locations around Monroe County. Call us at 585-287-6439 to learn more.

Go to the [EVENTS](#) page to view and register for upcoming classes.



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Demonstration: Examples of MOB Exercises



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Positive Self-Reported Data:

- 99 % - more comfortable talking about fear of falling
- 100 % - feel comfortable increasing activity
- 100 % - plan to continue exercising
- 100 %- would recommend A Matter of Balance

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Participant Reports/Comments:

- Increased confidence in taking a walk, climbing stairs, carrying bundles without falling
- More confident about increasing their strength, finding ways to reduce falls, and protecting themselves if they do fall
- An increase in the amount they exercise on a regular basis
- Fewer falls after taking MOB

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Participant Reports/Comments:

- “With self-determination, I can better my problem.”
- “Using tote bag to bring folded laundry upstairs.”
- “Added 4 handrails to the existing ones in my home.”
- “You guys did a great job, now the rest is up to me!”
- “Stopped doing things the old way and have tried to find ways to do things the safer way!”

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Workshops are led by Peer Leaders/Coaches:

- Volunteers who complete 8 hours of training
- Attend team meetings, special lunch recognitions
- Various backgrounds including PAs, teachers, RNs, fitness instructors
- Enthusiastic, able to lead small groups
- Anyone passionate to assist older adults is welcome!!

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- **Where are classes held?**
- **Community-based settings including:**
 - Senior Centers
 - Retirement/Residential Communities
 - YMCAs
 - Libraries
 - Churches
 - Assisted Living
 - Lifespan

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How Do I Make A Referral?

- NY Connects
- Lifespan website
- Phone inquiry, e-mail
- Contact Sarah Otis, Health and Wellness Coordinator
 - 585-287-6439
 - sotis@lifespan-roch.org



A Matter of Balance: Managing Concerns about Falls

Lifespan Also Offers MOB for Caregivers and Care Receivers

- **Finger Lakes Caregiver Institute**
 - **Funded by DOH, in partnership with Alzheimer's Association, Rochester & Finger Lakes chapters**
 - **Provides programs and services to support care partners of loved ones with Alzheimer's Disease or dementia.**
 - **Diagnosis is not required for service.**
 - **Covers the following counties: Chemung, Livingston, Monroe, Ontario, Orleans, Schuyler, Seneca, Steuben, Wayne, Yates.**

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Lifespan Also Offers MOB for Caregivers and Care Receivers

- **Finger Lakes Caregiver Institute**
 - Offers activities where care partner and care receiver participate together.
- **Director: Katy Allen**
 - 585-287-6369
 - Katy.Allen@lifespan-roch.org