This award winning program is designed to reduce the fear of falling and increase the activity levels of older adults who have concerns about falls.

Volunteer coaches teach eight two-hour sessions.

For more information about A Matter of Balance or to register for a class, please contact the Volunteer Delaware 50+ office:

For New Castle & Kent County, call 302-255-9882

For Sussex County, call 302-515-3020

A Matter of Balance
Presented by:

Sponsored By:

A Matter of Balance
Helps reduce the fear of falling and increase activity levels of older adults
Learn to:
- view falls and fear of falling as controllable
- set realistic goals for increasing activity
- change their environment to reduce fall risk factors
- promote exercise to increase strength and balance
- get up properly after a fall

Sessions for older adults who:
- are concerned about falls
- have sustained a fall in the past
- restrict activities because of concerns about falling
- are interested in improving flexibility, balance and strength
- are age 60 or older, able to walk (with or without the use of assistive devices) and able to problem-solve

What participants say about A Matter of Balance:
"I am already noticing a difference in my physical well-being. I plan to continue these exercises. Hopefully I’ll be jumping over the moon soon.” – "Anonymous"

"I am more aware of every situation for my safety. I now stop, look and listen to my surroundings.”
- "Anonymous"

What to expect at A Matter of Balance session:
- Peer interaction and problem solving
- Physical activity and strengthening exercises
- Assertiveness training
- Home safety tips
- Fall prevention strategies

Participant Satisfaction:
97% more comfortable talking about falling and fear of falling
97% feel comfortable increasing activity levels
99% plan to continue exercising
98% would recommend A Matter of Balance to others