DO YOU KNOW SOMEONE WITH CONCERNS ABOUT FALLING?

Become a volunteer coach!

A MATTER OF BALANCE
MANAGING CONCERNS ABOUT FALLS

Older, rural South Carolinians have some of the highest rates of falls in the nation. A MATTER OF BALANCE is an award-winning program designed to reduce the fear of falling and increase activity levels.

Become a volunteer coach! Clemson University is launching a fall prevention initiative in upstate SC and providing training to community members interested in helping older adults prevent falls. Contact the team at balance@clemson.edu to learn more about this initiative and how you can help.

What’s in it for you?
Coaches have reported feeling better to a lot better in the following areas as a result of their involvement with a Matter of Balance:
- Sense of accomplishment
- Purpose in life
- Can make a positive difference in another person's life
- Feelings about their health
- Confidence in managing falls themselves

What makes a great coach?
We are interviewing individuals who have:
- Good communication/interpersonal skills
- Enthusiasm
- Dependability
- Willingness to lead a small group
- Interest in working with older adults
- Life experience – education/healthcare experience is a plus!
- Ability to perform range of motion and low-level endurance exercises
- Ability to carry up to 20 lbs


A Matter of Balance: Managing Concerns About Falls
This program is based on Fear of Falling: A Matter of Balance. Copyright ©1995 Trustees of Boston University. All rights reserved. Used and adapted by permission of Boston University.