

**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](mailto: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

\*Healy, Haynes, ASA/NCOA presentation, A Matter of Balance: Volunteer Lay Leader Model: Key Elements in the Translation of a Professionally Led Program, March 2006

**A Matter of Balance: Managing Concerns About Falls**

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