

# A MATTER OF BALANCE

## Session 1

### Goals:

- To share *A Matter of Balance* (MOB) goals and how the class will work.
- To welcome group members, introduce them to each other and help them to feel comfortable.
- To introduce group members to the concept of helpful and unhelpful beliefs about falls and concerns about falling.

## Session 2

### Goals:

- To learn that there are different ways to think about falls and concerns about falls.
- To realize the importance of recognizing our core beliefs about falls before we are able to change them.

## Session 3

### Goals:

- To understand the importance of exercise in preventing falls.
- To identify the barriers to exercise for older adults.
- To identify which exercises are best suited for fall prevention.
- To experience the *Matter of Balance* exercises as an example of activity well-suited for fall prevention.

## Session 4

### Goals:

- To recognize three important physical risk factors for falls: low blood pressure, leg weakness, and poor flexibility and balance.
- To understand exercises that can be used to prevent falls due to low blood pressure, leg weakness, and poor flexibility/balance.
- To recognize the relationship between assertive behavior and fall prevention.

## Session 5

### Goals:

- To learn how to use *Personal Action Planners* to start an exercise program.
- To learn about balance exercises that can be used as part of an individualized exercise program.
- To recognize misconception and unhelpful thoughts about falling and the effect those thoughts have on feelings and actions.
- To learn how to shift from self-defeating to self-motivating thoughts.

## **Session 6**

### Goals:

- To review goals for MOB class and plan topics for next few classes.
- To determine which activities are and are not fall risk-taking behaviors.
- To prioritize risk-taking behaviors to be addressed and changed.
- To identify thoughts that help to change behavior.
- To learn ways to shift from negative to positive or helpful thinking.

## **Session 7**

### Goals:

- Recognize potential fall hazards often present in the home and community.
- Identify strategies to reduce physical hazards in the home and community.
- Recognize the relationship between assertive behavior and fall prevention.

## **Session 8**

### Goals:

- To practice assertiveness skills in locating and using resources for fall prevention and seeking help after a fall.
- To model and practice behaviors in order to eliminate risk-taking behaviors.
- To review material discussed during the class.
- To recognize physical and psychological changes that have resulted from participating in *A Matter of Balance* and how they have affected fear of falling.