

# **A Matter of Balance: Managing Concerns about Falls**

Age Requirements

60+

Documents Required

Call for details

Other Eligibility Criteria

Serves adults age 60 and older.

Intake Process

To register, to host a workshop, or for more information, call 540-345-0451

Intake Contact Telephone

(540) 345-0451

Provider Refer

Yes

Residency Requirements

Serves residents of Alleghany, Botetourt, Craig and Roanoke counties and the cities of Clifton Forge, Covington, Roanoke and Salem.

Self Refer

Yes

Local Office on Aging (LOA)

<http://www.loaa.org/>

<https://www.facebook.com/LocalOfficeonAging>

Main

(540) 345-0451

Toll-Free

(888) 355-6222

4932 Frontage Road NW

24019 VA

United States

Monday: 8:00 am-4:30 pm

Tuesday: 8:00 am-4:30 pm

Wednesday: 8:00 am-4:30 pm

Thursday: 8:00 am-4:30 pm

Friday: 8:00 am-3:30 pm

Saturday: Closed

Sunday: Closed

Fee Structure

Call for Information

Languages Spoken

English

A Matter of Balance: Managing Concerns About Falls/Fall Prevention Program is an 8-week structured group intervention workshop emphasizing practical strategies to reduce fear of falling and increase activity levels. Participants learn to view falls and fear of falling as controllable, set realistic goals to increase activity, change their environment to reduce fall risk factors and exercise to increase strength and balance.

Many adults experience concerns about falling and restrict their activities. This program is designed to manage falls and increase activity levels. This evidence-based program was developed at Boston University.

Who can benefit from a Matter of Balance? Anyone who 1) is concerned about falls, 2) is interested in improving balance, flexibility, and strength, 3) who has fallen in the past, and 4) has restricted activities because of falling concerns.

Classes are held once a week for 8 weeks for 2 hours each.

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Service Area(s)

Alleghany County

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Botetourt County

,

Covington City

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Craig County

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Roanoke City

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Roanoke County

,

Salem City

Email

[info@loaa.org](mailto:info@loaa.org)