

## Looking for Volunteer Coaches

**Chances are you know someone who has fallen or who is afraid of falling. A Matter of Balance is a proven program designed to help people manage concerns about falls and increase physical activity. Stony Brook Trauma Center is looking for volunteers to help provide this program.**

**This program emphasizes practical strategies to manage falls.**

**Participants learn to:**

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength and balance

**Classes are held either once a week for 8 weeks or twice a week for 4 weeks for 2 hours each.**

**Stipends \$ available for Volunteer Coaches to cover time and travel**

**Coaches help participants become more confident about managing falls, help to identify ways to reduce falls, and lead exercises to help increase strength and balance.**

**What do you need to be a coach?**

- good communication and interpersonal skills
- enthusiasm, dependability and a willingness to lead small groups of older adults
- ability to lead low to moderate level exercise

**For more information about coach training,  
please contact:**

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Or Complete this form: <https://bit.ly/AMOBCoach>

**A Matter of Balance: Managing Concerns About Falls Volunteer Lay Leader Model ©2006**

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**A Matter of Balance Lay Leader Model**

*Recognized for Innovation and Quality in Healthcare and Aging, 2006, American Society on Aging.*

*A Matter of Balance Lay Leader Model was developed by a grant from the Administration on Aging (#90AM2780).*