

# **A MATTER OF BALANCE: MANAGING CONCERNS ABOUT FALLS**

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Inquiries regarding the original program may be directed to Boston University, Health & Disability Research Institute, 53 Bay State Road, Boston, Massachusetts, 02215. A Matter of Balance was created with support from the National Institute on Aging.

**A Matter of Balance Lay Leader Model** was developed by a grant from the Administration on Aging (#90AM2780) for Southern Maine Agency on Aging, MaineHealth's Partnership for Healthy Aging, Maine Medical Center Division of Geriatrics and the University of Southern Maine, School of Social Work. All rights reserved, MaineHealth's Partnership for Healthy Aging.

## **A Matter of Balance Volunteer Lay Leader Model**

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

Working in partnership, Southern Maine Agency on Aging, MaineHealth's Partnership for Healthy Aging, Maine Medical Center Division of Geriatrics and the University of Southern Maine, School of Social Work were awarded Administration on Aging Grant No. 90AM2780. The purpose of the grant is to develop, evaluate and disseminate a volunteer lay leader model for A Matter of Balance. All rights reserved, MaineHealth's Partnership for Healthy Aging.

The Coach Handbook was adapted from the original Matter of Balance Manual for use by volunteer lay leaders. It contains all the activities, references and handouts necessary to coach the class.

For further information, please contact:

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