

The Feasibility and Effectiveness of Translating a Matter of Balance Into a Volunteer Lay Leader Model

Tara C. Healy, University of Southern Maine, thealy@usm.maine.edu ,

Cheng Peng, University of Southern Maine

Margaret S. Haynes, MaineHealth's Partnership for Healthy Aging

Elaine M. McMahon, MaineHealth's Partnership for Healthy Aging

Joel L. Botler, Maine Medical Center

Laurence Gross, Southern Maine Agency on Aging

The purpose of this study is to examine whether A Matter of Balance, a cognitive-behavioral program previously found to be efficacious in a randomized clinical trial (RCT), could be translated into a community-based volunteer lay leader model and achieve outcomes comparable to those found in the RCT. A repeated measures, single-group design is employed. Participants experience significant increases in falls efficacy, falls management, and falls control at 6 weeks, 6 months, and 12 months, thus achieving comparable outcomes with those of participants in the RCT. This successful translation of a professionally led health promotion program into a volunteer lay leader model enables embedding the program in community-based organizations, thus making it more broadly available to older adults in diverse settings. The findings also suggest that other evidence-based programs currently requiring professional staff can be adapted for facilitation by volunteers.

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