



# A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

## Newsletter

October 2025

Volume 3

For program implementors, participants and others interested in fall prevention.



### A Matter of Balance: Managing Concerns about Falls (MOB)

MOB is an evidence-based fall risk reduction program that has been proven to help participants reduce their fear of falling and increase their activity levels. Many older adults are worried about falling. People who develop this fear often limit their activities which can lead to physical weakness, making the risk of falling even greater.

MaineHealth, the National Program Administrator for A Matter of Balance, provides Licensing and Training as well as ongoing Technical Assistance for program implementors to help support program fidelity.

Please contact [pfha@mainehealth.org](mailto:pfha@mainehealth.org) if you would like to learn more about how your organization can become licensed and trained in the A Matter of Balance Program.

**Make this Autumn about**



## Upcoming A Matter of Balance Master Trainer Sessions

Master Trainer Sessions provide you with the information and materials to implement A Matter of Balance (MOB) in your community. Training sessions are offered by MaineHealth – both virtually and in person. Upcoming Master Trainer Session start dates are listed on this page.

**Upon completion of the training, you will be a Master Trainer certified to:**

- Recruit and train lay leader Coaches to lead A Matter of Balance (MOB) in-person as well as A Matter of Balance Virtual (MOB-V) classes
- Market the program to older adults
- Evaluate outcomes

**November 10 - 13, 2025**

Virtual Training

<https://www.mhesevents.org/OvnOKx>

**December 8 - 11, 2025**

Virtual Training

<https://www.mhesevents.org/r3LKbA>

\*\*\* NEW \*\*\*

## Virtual Lay Leader Coach Trainings available through MaineHealth

Would you like MaineHealth to train your lay leader coaches? We will train your coaches to lead your A Matter of Balance classes. Your organization must be licensed and have at minimum one certified Master Trainer to supervise the trained coaches. For more information, please contact us at [pfha@mainehealth.org](mailto:pfha@mainehealth.org)

\*\*\*RESEARCH\*\*\*

**The National Council on Aging (NCOA) has published a very thorough report on the benefits and ROI of falls prevention programming.**

A Matter of Balance along with other leading fall prevention programs were assessed for return on investment, fall prevention, impact on loneliness and isolation, along with other outcomes and the results are all very positive.

Some highlights from the report include:

- 52% reduction in number of participant falls
- 56% reduction in number of falls with injury
- 18% reduction in ED visits caused by falls

The mean estimated savings per participant in a fall prevention program was **\$3,904.13** with a total estimated cost savings over the 10-year look back being **\$1.07 billion**.

Please take time to read over the report here:

[\*\*NCOA Evidence-Based Programs ROI Assessment Report - Falls Prevention\*\*](#)

[\*\*Visit our Website here\*\*](#)

