

## **A Matter of Balance Coach Training**

### **Sample Homework Assignments**

Note: Some activities will build on work done at an earlier session

1. Activity 4.3 Risk factor for falls
2. Activity 4.6 Introduction to assertiveness
3. Activity 5.3 Developing an exercise plan
4. Activity 6.7 Identifying priority behaviors
5. Activity 7.3 Use of the Home Safety Check list
6. Activity 8.3 Personal action planner for behavior

Note: Provide an assignment for each coach. If the class is large, you can share assignments. Explain that the coach should be prepared to provide a brief explanation of the activity and how they would present it at the next class.