

Southwestern Vermont Council on Aging Seeks Coaches for A Matter of Balance

Many older adults experience a fear of falling. People who develop this fear often limit their activities, which can result in physical weakness, making the risk of falling even greater. A Matter of Balance is a program designed to reduce the fear of falling and increase activity levels among older adults. A Matter of Balance community classes can be offered both in-person and virtually. The in-person Matter of Balance includes 8 two-hour sessions, and the virtual A Matter of Balance includes 9 two-hour sessions. Both the in-person and virtual sessions are led by two trained facilitators for a small group of 8-12 participants. This nationally recognized program was developed at the Royal Center at Boston University. The program enables participants to achieve significant goals. They gain confidence by learning to; view falls as controllable, set goals for increasing activity, make changes to reduce fall risk at home, exercise to increase strength and balance.

SVCOA is seeking persons who are interested in becoming a Coach to serve both the Bennington and Rutland areas. The coaches will be trained by a Matter of Balance Master Trainer and be provided guidance and support as the coaches are tasked with leading Matter of Balance classes.

What qualities and experience are preferred to become a Coach?

- Experience and interest in working with older adults
- Knowledge about the special needs of older adults
- Good communication and interpersonal skills
- Experience with group process and facilitation
- Comfort with teaching, leading group discussion and role play
- Willingness to learn about and support the principles and protocols of evidence-based programs
- Enthusiasm about being a member of a team
- Dependability
- Ability to use technology to provide either:
 - Matter of Balance in-person Coach Trainings and/or facilitate community classes including audiovisual equipment (TV/DVD, overhead projector), and/or
 - Matter of Balance Virtual Coach Training to facilitate virtual community classes including computer hardware, platform software, cameras, and audio equipment.
- Ability to perform range-of-motion and low-level endurance exercises and to demonstrate A Matter of Balance exercises
- Ability to carry up to 20 pounds
- Life experience valued with an education or healthcare background a plus



Please contact Madelyn Gardner at Mgardner@svcoa.net or call 1-802-786-5990 for more information.

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