



MANAGING CONCERNS ABOUT FALLS

Want to make a difference in an
older adult's life
in your community?

Become a trained
Matter of Balance Coach today!

MOB is an evidence-based structured group intervention program, designed to reduce the fear of falling and increase activity levels among community-dwelling older adults.

This program allows participants to gain confidence by learning to view falls as controllable, set goals for increasing activity, make environmental changes to reduce fall risk at home, and learn exercises to improve gait, balance, and strength.

Coach Qualifications:

- Good interpersonal skills and communication
- Enthusiasm
- Willingness to lead a small group
- Dependability
- Interest in working with older adults
- Ability to perform a range of motion and low-level endurance exercises

How do you become a MOB Coach?

- Attend eight hours of in person MOB training taught by a Master Trainer
- Agree to coach two MOB classes within one year of certification
- Attend 2.5 hours of Coach Training annually



For more information on MOB, contact **Madelyn Maxwell**, Healthy Aging and Falls Prevention Coordinator, at **MadelynM@health.ok.gov** or **405-426-8440**.