



SERVICE PROGRAM FOR OLDER PEOPLE

## Group Protocol

**Name of the Group:** Building Balance

**Purpose of the Group:** *Community Rehabilitation and Support (CRS)- Basic Living Skills Training (BLST)*. Improve participants functioning by reducing the risk of falling and by stopping the fear-of-falling cycle. Increase activity levels among older adults living in the community.

**Criteria to be Admitted to the Group:** Participants will be eligible for PROS services and able to identify concerns about falls. Participants will also be interested in improving their flexibility, balance and strength

**Intended Objectives/Outcomes:** Participants will be able to view falls and their fear of falling as controllable and set goals for increasing activity. Participants will also enhance motivation to change their home environment to reduce fall risk factors and develop increased strength and balance through exercise. Participants will also demonstrate improved social interaction/ community exploration and involvement as a result of decreasing isolation due to fear of falling outside the home.

This protocol was created by an adaptation of materials from *A Matter of Balance: Managing Concerns About Falls (MOB)*, an evidence-based falls management program for older adults. MOB was created through grant funding for the Maine Health Partnership for Healthy Aging, and utilizes research conducted by the Roybal Center for Enhancement of Late-Life Function at Boston University. MOB was approved by both the National Council on Aging and the Administration on Aging. This group will draw heavily on materials from MOB.

**Minimum/Maximum Number of Group Members:** 6/12

**Expected Number of Sessions Required to Complete Group Objectives:** 12-16

**Criteria to Be Terminated from the Group:** Non-attendance or persistent interference with the progress of the group.

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Signature of Group Leader

Date

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Program Director's Signature

Date



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## Group Curriculum

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### Sessions:

1. Introduction and Overview
  - a. What is Building Balance and why is it important?
  - b. Why are you here and what do you want out of Building Balance?
  
2. Falls Theory
  - a. Traumatic experience of falling
  - b. Fears of falling/ building fears
  - c. Fall prevention theory
  - d. Quiz activity
  
3. The physicality of balance
  - a. Theory of balance disorder
  - b. Alignment
  - c. Shift of weight
  
4. Falls and older adults
  - a. Risk factors specific to older adults
  - b. Falls leading to fractures
  
5. Home environment and risk
  - a. Falls at home
  - b. Reducing falls at home- activity
  - c. Individualized plans- activity
    - i. Individual or collective puzzles, images, etc
  
6. Midway point- fear of falling cycle check-in

- a. Where am I now? What has changed with regard to my fears of falling?
  - b. Quiz/ activity to measure changes in cognitive distortions/ negative thoughts
  
- 7. Tools and assistive devices/ durable equipment
  - a. Canes
  - b. Walkers
  - c. Wheelchairs
  - d. Chairs
    - i. Home
    - ii. Community
  
- 8. Connecting theory and practice
  - a. Introduction to strengthening exercises
  - b. Thinking about getting in and out/ up and down
  
- 9. Practice- getting in and out
  
- 10. Practice- up and down
  
- 11. Everyday activities to strengthen our bodies
  - a. Kitchen
  - b. Bathroom
  - c. Living Room
  - d. Public spaces
  
- 12. Wrap up
  - a. Review- what have I learned?
  - b. What changed in my home?
  - c. How has it impacted my functioning?
    - i. Physical activity
    - ii. Habits
    - iii. Thoughts/ distortions
    - iv. Gained techniques to overcome fears