



July 2019

Guide to Updates in the A Matter of Balance Master Trainer Manual

Page numbers have remained the same but content has been changed in the following areas:

Coach Handbook- Dark Blue Section

Session 1

Pages 19-23 Reference 1.2

Pages 24-29 Reference 1.3

Session 2

Agenda

Page 47 Conclusion

Added Wear shoes for exercise if possible.

Session 3

Pages 62-66 Handout 3.1 updated from NIA Age page Exercise and physical activity 2019

Pages 73 Handout 3.2 Exercise Leg slide to the slide added return your leg to match your other foot

Session 4

Page 79 Overview and page 81 Agenda- Name change of Handout 4.0

Prevent Falls and Fractures

Page 86 Order of Activity 4.6 Introduction to Assertiveness: Ask the group: What does it mean to be assertive? As the first part of the activity

Page 90-94 Name change for Handout 4.0 No longer an age page but information from a NIA website: **Prevent Falls and Fractures**

Page 97-99 Handout 4.2 Resources for Fall Prevention

Session 7

Page 144 Agenda Activity 7.3 added after

Ask what are potential fall hazards.

what are potential solutions?

This combines Activities 7.3, 7.4 & 7.5



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Session 8

Page 160 Agenda Activity 8.7 Changed completion to attendance
Certificates of Attendance

Award Certificates of Attendance.

Completion is considered: Participants that have completed 5 or more classes.

Handouts for Coach training

Page 1-8 Updated the Power Point for coaches

Page 9 Coach Job description under Criteria for Leadership Added:
Ability to **move** or carry up to 20 lbs

Page 12 Sample flyer updated

Page 24 Updated: Fall Prevention Resources

Page 25 Added Chairs are comfortable and wheel free

Page 35 Updated the Core Elements for Fidelity

Master Trainer Materials- Light Blue Section

Section A Forms for Master Trainers

Page 46-54 PP notes for Master Trainer training

Page 55-56 Master Trainer job description

Page 57 Fall Prevention Resources

Page 58 Core Elements fidelity

Page 50-61 Sample License

Page 62 Translations of MOB

Page 63 Prices and Ordering Information

Page 64 DVD ordering

Page 65-77 MPX Users guide

Page 78-79 Salesforce

Page 80-83 Research Articles

Section B Coach Training and Recruitment

Page 86 Coach Job description

Page 87-88 Coach Application

Page 90 Master Trainer pledge of confidentiality

Page 92 Coach Class flyer

Page 93 Coach Class checklist

Page 105 Coach Annual Update ideas

Page 106-114 Coach Refresher



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Section C A Matter of Balance Class

Page 115 Site Application
Page 119 Class flyer
Page 120 Class Checklist

Section D Handouts for Participants

Page 125 Participant agreement
Blank page on the back

Participant Workbook-Hot Pink Section

Cover page and next info page
Handout 3.1 NIA Age page Exercise and physical activity 2019
Handout 3.2 A Matter of Balance Exercises Page 7 of 12
Leg Slide to the Side
Handout 4.0 Falls and Fractures
Handout 4.2 Resources for Fall Prevention

Guest HealthCare Professional- Lime Green Section

Cover Page and introduction page
Page 3 Class flyer
Page 4 What Participants learn
Page 5-6 Guideline and FAQs
Page 13 Handout 3.2 Exercises Leg Slide to the Side