

A Matter of Balance



MANAGING CONCERNS ABOUT FALLS

Do You Have Concerns About Falling? Many older adults experience concerns about falling and restricting their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.

WHO COULD BENEFIT?

Anyone 60 years or older who:

- is concerned about falls
- is interested in improving balance, flexibility, and strength has fallen in the past
- has restricted activities because of concerns about falling
- is able to problem solve and remember discussions

YOU WILL LEARN TO:

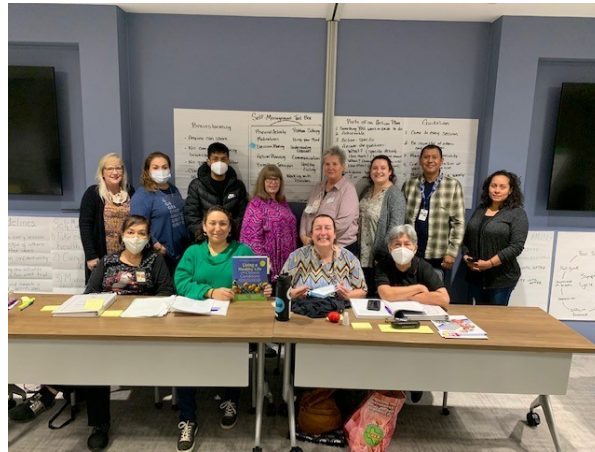
- view falls as controllable
- set goals for increasing activity
- reduce fall risks at home
- exercise to increase strength and balance

REGISTRATION IS REQUIRED. There is NO COST to participate. Class size limited to 12 participants.

To REGISTER, please contact: Jessica Martone Jessica.martone@traviscountytx.gov 737-356-8620.

Sponsored by: engAGE and Travis County.

Chronic Condition Self-Management Workshop



The Chronic Condition Self-Management program is a 6-week small group workshop for people with chronic disease and their caregivers. They are offered in person (per COVID guidelines), virtually via Zoom or another platform, and online. The programs are facilitated by Leaders with their own health challenges. The programs are highly interactive, focusing on building skills, sharing experiences, and support.

Workshop topics:

Techniques to deal with symptoms of chronic conditions, such as fatigue, pain, sleeplessness, shortness of breath, stress, and emotional problems such as depression, anger, fear, and frustration.

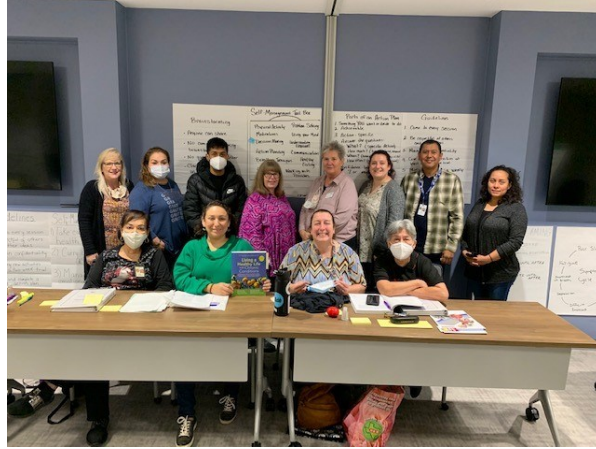
Topics include:

- Appropriate exercise for maintaining and improving strength and endurance
- Falls prevention
- Healthy eating
- Better breathing techniques
- Appropriate use of medication
- Working more effectively with health care providers
- Communicating with friends and family
- Communicating with oneself
- Communicating with the health care system
- Action-planning, problem-solving, decision-making

Registration Required

To REGISTER, please contact: Jessica Martone Jessica.martone@traviscountytx.gov 737-356-8620

Volunteer Leader Training



Become a Volunteer Leader Trainer for engage Travis County.

As a Volunteer Leader you will:

- Complete a four-day training to become certified in a Chronic Disease Self-Management Program
- Attend an additional day of training for the Chronic Pain Leader Training
- Co-facilitate small groups with another leader online and in person
- Lead at least one workshop within one year
- Change lives

Chronic Pain Self-Management Workshop



This program emphasizes the skills needed in day-to-day pain management to maintain or increase activity and live a healthy life.

You will learn:

- Techniques to deal with frustration, fatigue, pain and isolation
- Moving easy exercises and nutrition for maintaining and improving strength, flexibility and endurance
- Appropriate use of medications
- Pacing activity and rest
- Communicating effectively with family, friends and health professionals

REGISTRATION IS REQUIRED.

To REGISTER, please contact: Jessica Martone Jessica.martone@traviscountytx.gov 737-356-8620.

Diabetes Self-Management Workshop



The Diabetes Self-Management workshop is for people with type II diabetes and their caregivers. This is a 6 week workshop. The program is highly interactive focusing on building skills, sharing experiences and support.

Workshop Topics:

Techniques to deal with symptoms of diabetes, such as fatigue, pain, hyper-and hypoglycemia, stress, and emotional problems such as depression, anger, fear and frustration.

Topics Include:

- Appropriate exercise for maintaining and improving strength and endurance
- How to use glucose monitoring in order to make day to day decisions and to manage sick days
- Healthy eating Better breathing techniques
- Appropriate use of medication
- Working more effectively with health care providers
- Recommended tests for prevention or delay of complications
- Proper foot care Action-planning, problem-solving, decision-making

REGISTRATION IS REQUIRED.

To REGISTER, please contact: Jessica Martone Jessica.martone@traviscountytx.gov 737-356-8620.