



## **A Matter of Balance: Managing Concerns About Falls Volunteer Lay Leader Model**

### **Outcomes and Evaluation**

Master Trainer sites can use the tools listed below to measure participant benefits and collect feedback.

- First and last class surveys include:
  - Demographic information (first class only)
  - Five-item Fall Management Scale
  - One question concerning social activity to measure short-term participant outcomes
  - The modified PACE to measure exercise level
- Attendance form
- The Class Evaluation provides participant feedback about the class. It also evaluates participants' comfort level with talking about fear of falling and increasing activity, and their plans to continue to exercise.

Senior Services (Seattle, WA) will compile and analyze A Matter of Balance participant demographics, the first and last class surveys, class evaluations and attendance. Senior Services will provide the Master Trainer Site with reports on a quarterly basis or upon request.

Partnership for Healthy Aging will register each Master Trainer Site with Senior Services upon completion of the Master Trainer Session. Senior Services will then provide the site with computer-scannable forms to be used for each Matter of Balance class.

At the end of each class, the Master Trainer Site will send the completed forms to Senior Services. Prior to mailing, we suggest that you make copies of your forms and review the class evaluations to identify opportunities for improvement and to share participant feedback with the coaches.

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