



### ***A Matter of Balance and COVID-19: Direction for Program Delivery***

Dear A Matter of Balance Master Trainers,

Many of you have reached out to us for guidance about conducting A Matter of Balance classes given the social distancing measures in place in our communities. Specifically, questions about offering classes for workshops already in progress via videoconferencing, Skype, etc. We understand the challenges you and community members are facing due to the temporary cessation of classes and appreciate your commitment to the participants engaged in the program.

We also emphasize the importance of maintaining fidelity of the program. A Matter of Balance is an in-person class. We require two coaches to lead the classes, particularly for safety considerations during the exercises. This is key to the evidence-based A Matter of Balance program and demonstrated outcomes.

We could consider strategies to add a refresher class once people are able to reconvene in person, but at this point we have no idea how long it will be. Meanwhile, we encourage any alternative approaches to reach out to people and support them during these isolating times. Perhaps one option would be to offer a webinar about fall prevention and safe mobility while classes are paused. We just ask that you not use any of the Matter of Balance content, including exercises via video.

The National Institute on Aging provides links to resources and videos on exercise and physical activity for older adults <https://www.nia.nih.gov/health/exercise-physical-activity>. This could offer your participants options to remain active and healthy as well.

With gratitude,

Your Matter of Balance Program Team

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National Council on Aging Webinar Recording and Presentation Slides: [Offering Evidence-Based Programs During the COVID-19 Pandemic](#). (March 25, 2020)