

# **A Matter Of Balance Program (MOB) Tool Kit**

*What does my site need to run Matter of Balance effectively?*

<input checked="" type="checkbox"/>	<u><b>Program Necessities</b></u>	<u><b>Cost</b></u>	<u><b>Notes</b></u>
	Instructors x 2	Varies- per agency. (see budget sheet for approx. cost)	For staff sustainability, agency can send their staff to MOB training.
	Participant Workbook	\$13 per participant	Agency can arrange to copy in house
	Videos/DVDs -Fear of Falling and Exercise Set	\$200	May be borrowed from SVHAP (One time cost)
	Licensing Site Fee	NONE	
	Class Frequency -2 hours per class / 8 sessions		Classes may be offered once a week for eight weeks or twice a week for four weeks
	Snacks		Required for each class session -Healthy options and water
	Private Room/Space (Approx. 25ft x 25ft)		Required -Where sensitive discussions can take place without worry of others listening -Space for exercises
	Audio/Visual Equipment		Required - TV/DVD OR HDMI compatible TV OR Projector -Laptop
	Program Supplies		Required - Paper/Flip Chart OR Dry Erase Board -Permanent Markers OR Dry Erase Markers (Multiple Colors) -Name Tags -Copying of Forms/Surveys
	Chairs		Required -Sturdy, preferably with arms -NO Wheels
	Tables		Required
	Participants	Minimum 6 Maximum 14	Recommend recruiting participants: at risk for falling; are not too active; sedentary or generally interested in health/wellness programs.
	Fidelity Check completed by Master Trainer	Approx. \$150	Fidelity check is to ensure that instructors are teaching based on accepted standards. Fidelity checks are completed only for new instructors.
	Guest Lecturer: Health Professionals	Varies	Guest lecturers may be done by partner agencies at no cost.
	Data Entry	Optional \$200	
	Advertising for Class		Recommended

