



VOLUNTEER LAY-LEADER COACH FOR A MATTER OF BALANCE

Tri-County Health Department (TCHD), through partnership with DRCOG, is expanding opportunities for volunteer, lay-leaders to coach A Matter of Balance classes. The classes are designed to reduce the fear of falling in older adults. They include eight two-hour sessions, usually two-days a week, at various locations throughout the greater Denver area. The curriculum is evidence-based and includes learning about fall risk factors as well as problem solving and exercises.

Volunteer, lay-leader coaches need:

- good communication and interpersonal skills,
- interest in working with older adults,
- experience successfully leading groups,
- ability to perform range of motion and low-level endurance exercises.

Life experiences, particularly related to health care or education, are especially valuable.

Volunteer, lay-leader coaches are expected to follow the curriculum according to training and Master Trainer oversight. TCHD provides eight hours of training at no cost to volunteers. Volunteer coaches will conduct their first class alongside an experienced coach. The volunteers will coach the class through its eight sessions. Volunteers should commit to coaching at least two classes per year. Current openings are for Arapahoe and Douglas counties.

For further information about becoming A Matter of Balance Volunteer Lay-Leader Coach, please email MatterOfBalance@tchd.org

Salary: VOLUNTEER, UNPAID

Office Location: Administration

Close Date: Open until filled