



Chatham County, NC

Legislation Text

File #: 24-5251, **Version:** 1

Vote to approve the A Matter of Balance License Agreement with Maine Health

Chatham County Aging Services is seeking approval to enter the A Matter of Balance License Agreement with MaineHealth in order to offer the A Matter of Balance evidence-based program at the Pittsboro and Siler City Centers for Active Living. This agreement will remain in effect for three (3) years after the issue date and will be renewed for subsequent three-year terms.

Discussion & Analysis:

A Matter of Balance is an evidence-based program designed to reduce the fear of falling. This program focused on falls prevention also helps to increase activity levels among older adults. Participants will learn how to make changes within their homes to reduce their fall risk, exercise to increase their strength and balance, and set goals for continuing to increase their activity. Classes can be offered both in-person and virtually.

MaineHealth provides Master Training Sessions that allow organizations to be able to offer this program within their communities. Chatham County Aging Services will have our Pittsboro Center Manager complete the Master Training Certification and she will then be able to train other staff and volunteers to be able to lead classes throughout Chatham County.

How does this relate to the Comprehensive Plan: This program will help to foster a healthy community for the older adults who call Chatham County their home.

Budgetary Impact: There is an initial fee of \$2,065. This fee includes a 20-hour training that will allow our Pittsboro Center Manager to become a Master Trainer, a license to use the Matter of Balance Program in our community, curriculum materials, and a Master Trainer Manual. Following the initial 3-year contract period, there will be a \$300 license renewal fee. All these expenses are reimbursable under the Older Americans Act Title III-D Health Promotion Program Grant that the Aging Services Department receives each year.

Recommendation/Motion: Motion to approve the A Matter of Balance License Agreement.