
**Title:** Effect of A Matter of Balance: Managing Concerns about Falls on Balance Confidence in Older Adults

**Description:** Low balance confidence or fear of falling in older adults may lead to increased risk for falls. A Matter of Balance: Managing Concerns about Falls (MOB) may improve balance confidence in program participants. We examined the effect of MOB, delivered by health professions’ students at various community and residential sites, on older adults’ balance confidence as measured by the Activities-Specific Balance Confidence Scale (ABC). Findings will be presented and discussed with attendees.

**Outcomes:** Of the 128 MOB participants, 13 had reported previous MOB participation and 45 failed to respond to this question, thus these (n=58) were excluded from analysis. Of the remaining participants (N=70), the majority were female (71.4%) and ranged in age from 54 to 97 years old (76.6 ± 9.7, n=64). Participants (n =63) attended an average of 5.9 sessions, an average adherence of 73.8% ± 29.4%. Differences between first and last session ABC scores were analyzed via the Wilcoxon Signed Rank test. Outcomes are based on available data as some participants did not complete all surveys and/or questions. Statistically significant differences (p < 0.05) were found for 8 of the 16 ABC items and between baseline and post total ABC scores. Findings suggest MOB may reduce older adults’ risk for falls via improved balance confidence for specific activities. Further research is warranted to determine the effect of MOB on balance confidence among older adults.