



Matter of Balance

Evidence Based Program Medical Clearance Form

Dear Medical Provider:

Matter of Balance is an evidence-based workshop that is designed to reduce the fear of falling in older adults. Along with the fear of falling comes isolation and depression which can result in severe physical weakness, making the risk of falling even greater.

Some of the goals of this program are:

- Increasing activity levels
- Learn to set realistic goals to increase activity
- Change their environment to reduce fall risk factors
- Learn simple exercises to increase strength and balance
- Improve quality of life and remain independent

Please complete the following.

I am not aware of any condition(s) that preclude the participation of _____

DOB: _____ in the Matter of Balance workshop. (Patients Name)

Patient was examined on or last seen. _____

Are there any limitations for participation? Yes (please specify below) No

Types of medication taken, history of cardiovascular disorders, diabetes, orthopedic problems, respiratory problems, convulsive disorders, etc. that may affect the participation in the Matter of Balance workshop?

(MD Signature) Date (MD printed name)

Address: _____

Phone: _____ Fax: _____

For more information/questions regarding Matter of Balance, Please contact Amy Chipman at VNA Public Health and Wellness, 508-957-7423. This form may be faxed to: 508-394-2109