



FACILITATOR GUIDE: FALLS PREVENTION WORKSHOP

WELCOME

Welcome to the Bingocize® Falls Prevention Workshop!

The Bingocize® Falls Prevention Workshop can be delivered using the web-based game or traditional Bingo combined with the web-based game learning curriculum (questions/answers, learning synopsis) and the learning curriculum using the Facilitator Guide. We **strongly recommend** using the web-based game when possible. Either way, be sure to prep all materials before you get started, and this includes things you need to print! **Be sure to print out facilitator materials ahead of time.**

MATERIALS NEEDED FOR THIS WORKSHOP

- Bingocize® Falls Prevention Workshop Facilitator Guide
 - one per facilitator, paper or web-based on a device
- Bingocize® Falls Prevention Workshop Bingocizer Packet
 - one per Bingocizer, paper or web-based on a device
- Falls Prevention Take-Home Handouts
 - one per Bingocizer per handout
- Bingocize® Exercise Modifications Guide
 - one per facilitator
- Bingocize® Weekly Attendance Form
 - one per facilitator, to be updated every session
- Delivery Fidelity Form
 - one per facilitator
- Traditional Bingo materials (if applicable)
 - Bingo balls, cage, markers
- Resistance bands and/or hand weights
 - have a variety of weights on hand for different abilities
- Therapy balls
- Bingocize® Curriculum Reinforcements to give out as prizes
- Facilitator Bingocize® t-shirt!
- Bingocize® boards + markers (if applicable)
- Bingocizer devices (if applicable)
- Some music! Not a must, but definitely makes exercise more fun!
 - see Bingocize® Song List for ideas

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*Indicates a session when Bingocizers receive a *Take-Home Handout*.



FACILITATOR GUIDE: FALLS PREVENTION WORKSHOP

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OVERVIEW

FALLS PREVENTION CURRICULUM

Each lesson has 5-6 questions that target specific learning objectives across multiple topics including:



How to modify your environment to reduce falls.



The importance of communicating with your healthcare providers.



Physical activity and nutrition choices for preventing falls.



The impact of vision and hearing impairments on falls risk.

REMINDERS

Before we dive more into the curriculum and layout, a quick note. While it is important to promote enhanced learning, if topics arise that are outside of the scope of your expertise, say, "That is a great question. Let me find the best answer for you and get back to you at our next session." Never make up answers. While you may not be a nutrition expert, consider yourself a credible resource for finding information.

Similarly, many older adults will ask medical-related questions or share information from their doctor's office. Always direct Bingocizers to talk to their healthcare provider.

CREDIBLE RESOURCES

Avoid using or referencing internet websites, blogs, social media sites, etc. as they often contain misinformation. Instead, only share references from credible sites including:

- NCOA's [Falls Prevention Resources](https://www.ncoa.org/older-adults/health/prevention/falls-prevention/)¹
- CDC's [Falls Prevention Resources](https://www.cdc.gov/falls/about/index.html)²

¹<https://www.ncoa.org/older-adults/health/prevention/falls-prevention/>

²<https://www.cdc.gov/falls/about/index.html>

FACILITATOR INFORMATION

FALLS PREVENTION LEARNING TOOLS

These are facilitation tools to promote behavior change over time for Bingocizers. These will also encourage skill development through practice at home.

DURING THE LESSON

- The 5-6 questions/answers found in each lesson are the critical falls prevention learning tool for teaching change over a 10-week period. Therefore, spending time on each one allows for discussion, creative learning, and innovative ideas for making behavioral and environmental change.
- Each question has a question number, a question related to the topic, several options to consider, and a learning synopsis that provides an explanation for the correct answer as well as additional information to enhance the learning.
- Learning takes place in 3 ways:
 - When the question is asked and the Bingocizers are considering their choices.
 - When the correct answer is provided and the Bingocizers are evaluating their correct or incorrect response.
 - When the learning synopsis is read by the instructor and Bingocizers engage in further discussion.
- Ensure when reading the learning synopsis to read slowly, speak clearly, and ensure a voice tone that can be well heard. Be patient and repeat or reread if necessary!
- Make sure you give Bingocizers enough time to choose their answers before providing the correct answer.
 - When using the virtual learning curriculum, utilize the "Pause" button after all answer options are displayed.
 - Be sure to hit "Pause" to ensure enough time for Bingocizers to choose their answer. Once "Pause" is released, the correct answer will appear.
 - After reading the learning synopsis, ask for questions or feedback and ensure Bingocizer comprehension.
 - Sample questions might include:
 - Is anybody surprised by this answer?
 - Has anyone tried any of these tips/practices at home?
 - Stay focused on the primary learning objective for that question. Each question should become a takeaway or a step towards the takeaway (build on a concept).

BEGINNING OF CLASS

- Review last week's takeaway message including the *Falls Prevention Take-Home Handout* info.
- Question ideas:
 - Would anyone like to share something they learned or stood out?
 - Was there anything during last week's lesson that struck you as new or different?
 - Was there anything you went back and tried at home that you have not done before or any specific change(s) you made?

END OF CLASS

- Provide the *Falls Prevention Take-Home Handout* for the lesson (or remind Bingocizers about the one they received the previous week) and encourage Bingocizers to review the handout and focus on the learning objective for each one.
- Remind them that they will be provided an opportunity to share how they incorporated something from the lesson in their every day life.

FACILITATOR GUIDE: FALLS PREVENTION WORKSHOP

HOW TO READ THIS GUIDE

THIS GUIDE BELONGS TO THE FACILITATOR!

SESSION #

CHECKLIST OF MATERIALS NEEDED FOR THAT DAY'S LESSON.

CHECKLIST OF THINGS TO DO BEFORE THAT DAY'S LESSON.

BEFORE TODAY'S SESSION

- Print the Falls Prevention Take-Home Handout (Week 2)
- Prep your traditional Bingo materials
- Prep Bingocize® Curriculum Reinforcements
- Prep / rearrange your space (make sure your Bingocizers will have plenty of space to move!)
- Get your Bingocize® T-Shirt on!

MATERIALS NEEDED

- Falls Prevention Take-Home Handout (Week 2)
- Weekly Class Attendance Form
- Resistance Bands + Therapy Balls
- Traditional Bingo Set
- Bingocize® Curriculum Reinforcements
- Bingocize® Boards + Markers (if applicable)
- Bingocizer Devices (if applicable)

WELCOME!

Note: Remember to reference the Exercise Modifications Guide for ideas to modify movements.

In the past, healthcare providers took the lead, and the patient followed. Today, a good patient-provider relationship is more of a partnership – or even a team – of healthcare professionals managing your medical problems to keep you healthy. Your providers can assess your falls risk and review your medications!

You may feel a little sore from last week but remember that's normal. We will begin to increase the amount of time we exercise, and make sure to find the pace that makes you feel good, and stays between 5-6 on the 1-10 scale. And of course, have fun!

Source: Centers for Disease Control; National Center for Injury Prevention, 2018

Let's start off with three rolls!

QUESTION #

11

WHICH OF THE FOLLOWING ARE WAYS YOUR HEALTHCARE PROVIDER CAN HELP MANAGE MEDICATIONS TO REDUCE YOUR FALLS RISK?

- Stop medications when possible
- Switch to safer alternatives
- Reduce medications to the lowest effective dose
- All of the above

Explanation: It is important to discuss your medications with your provider so they can determine if changes need to be made to reduce your falls risk. Using a pill box can help you keep track of your medications.

MORNING WALK (SEATED)

- Sit on the edge of your chair and move legs in a walking motion, quicker than typical speed.
- If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees.

For a Challenge: Try pumping your arms back and forth.

SCAN QR CODE TO WATCH THIS MOVEMENT ON OUR YOUTUBE!

NAME OF MOVEMENT.

DURATION OF MOVEMENT – THIS WILL CHANGE DEPENDING ON THE SESSION!

40 sec

IF A BINGOCIZER WANTS TO MAKE A MOVEMENT MORE CHALLENGING, THIS WILL GIVE IDEAS OF HOW TO DO THAT.

DESCRIPTION OF MOVEMENT, INCLUDING A SEATED OPTION FOR MOVEMENTS THAT FOCUS ON STANDING. FOR MORE MODIFICATIONS, SEE BINGOCIZE® EXERCISE MODIFICATION GUIDE.

EXPLANATION OF THE CORRECT ANSWER. READ THIS ALOUD TO YOUR BINGOCIZERS.

READ THIS ALOUD TO YOUR BINGOCIZERS!



FACILITATOR GUIDE: FALLS PREVENTION, SESSION 1

BEFORE TODAY'S SESSION

- ☐ Print the *Falls Prevention Take-Home Handout* (Week 1)
- ☐ Print *Weekly Class Attendance Form*
- ☐ Prep your traditional Bingo materials (if applicable)
- ☐ Prep Bingocize® Curriculum Reinforcements
- ☐ Prep / rearrange your space (make sure your Bingocizers will have plenty of space to move!)
- ☐ **Get your Bingocize® T-Shirt on!**

MATERIALS NEEDED

- ☐ *Falls Take-Home Handout* (Week 1)
- ☐ *Weekly Class Attendance Form*
- ☐ Resistance Bands + Therapy Balls
- ☐ Traditional Bingo Set (if applicable)
- ☐ Bingocize® Curriculum Reinforcements
- ☐ Bingocize® Boards + Markers (if applicable)
- ☐ Bingocizer Devices (if applicable)

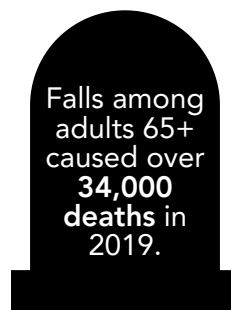
WELCOME!

Note: This guide is written to be read aloud by the Bingocize® facilitator, but do not feel confined by it! You know your Bingocizers best, and you can modify and adapt these exercises. See the *Exercise Modifications Guide* if you need ideas.

Over the next several weeks, we will get to play Bingocize®!

Bingocize® is a fun combination of Bingo and some simple exercises that will improve your mental and physical health. We will learn some practical lifestyle adjustments we can make to substantially reduce our risk of falling.

Did you know...



Falls are the leading cause of fatal and nonfatal injuries for older Americans. Falls threaten older adults' safety and independence, as well as generate enormous economic and personal costs.

However, it is important to know: ***falling is not an inevitable result of aging.***

During the exercise portion of the program, it is important to push yourself, but keep in mind that exercise should not hurt or make you feel really tired. Find a pace that makes you **feel good**. On a scale from 1-10, with 10 being your maximum effort, try to start between 5-6. This should be breathing harder, but still be able to talk to your neighbor. You might feel some soreness, a little discomfort, or a bit weary, but you should not feel really tired and you should never feel **pain**.

Throughout Bingocize®, you will be asked to read and answer some questions. When I ask the question, circle the letter of the answer you believe is correct. It's OK if you don't know the answer - you will not be penalized! Once you all have a chance to choose an answer, I will provide the correct answer. If you did not get the answer correct, place a checkmark next to the correct answer.

The most important thing to remember over the next 10 weeks is to have fun!!

Source: Centers for Disease Control and Prevention 2021



Let's get started with **three rolls** of Bingo!

This is also a good time to drink some water and make sure you are not too close to your neighbor for once you start exercising.



THE LEADING CAUSE OF FATAL INJURY AMONG OLDER ADULTS IS....

- a. Car wrecks
- ☒ b. Falls
- c. Walking across the street
- d. None of the above

Explanation: Each year more than 25% of people 65+ report a fall. In fact, every second an older adult falls! In 2019, 3 million ER visits were due these falls, and we don't want you to be one of them.



MORNING WALK (SEATED)

1. Sit on the edge of your chair and move legs in a walking motion, quicker than typical speed.
2. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees.

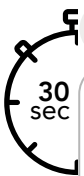


For a Challenge: Try pumping your arms back and forth.



TIE YOUR SHOES (SEATED)

1. Begin in a seated position with both legs straight out, heels touching the floor.
2. Slowly point your toes towards your shins, keeping your heels on the ground.
3. Return toes to starting position, pointing away from your body.



TOP SHELF REACH (SEATED)

1. Scoot to the edge of your chair, back straight, feet hip-width apart on the floor.
2. Place one hand on the side of the chair for support, and as you breathe in, sweep the opposite arm out to the side and up overhead.
3. Breathe out as you continue the motion, moving through full range and finally into a side bend.
4. Pause, breathe in, and return back to the starting position. Repeat on the opposite side.



TRUNK ROTATION (SEATED)

1. Sit with your feet shoulder-width apart on the floor.
2. Squeeze your shoulder blades slightly together while you reach your arms out to the sides, as if making a "T."
3. Twist your upper body to the right and pulse, going gently further into spinal rotation **three** times. Exhale with each twist. Inhale and return to center, then repeat on the other side.



For a Challenge: Swing your arms and bend your torso to reach for your knee / ankle!



Time for three more rolls! How do we feel after that first round of movement?



TRUE OR FALSE: FALLS ARE JUST A PART OF THE AGING PROCESS, AND THERE IS NOTHING WE CAN DO ABOUT IT.

- a. True
- ☒ b. False

Explanation: Falls are NOT inevitable! We will discuss several ways you can decrease your chances of falling, including physical activity, removing clutter from your home, and communicating with your doctors.

TOES TO THE SKY (SEATED)



1. Begin with your back straight and good posture, eyes facing forward, palms on your thighs.
2. Feet hip-width apart. Extend and lift your right foot with toes flexed and pointed to the sky.
3. Point your toes straight and slowly return to starting position.
4. Repeat with your left foot.

SIT TO STAND



1. Sitting tall, extend your legs until fully standing, moving only the hip, knee, and ankle joints.
2. Pause and then return to sitting position.
3. Keep shoulders down and knees from bending past your toes throughout the exercise.

Seated Option: Push up with hands on the seat or arms of a wheelchair, or modify as possible using a cane / walker. Either way, make sure you remember your posture!

For a Challenge: Cross your arms over your chest or hold a weight between your hands.

3 TRUE OR FALSE: FEAR OF FALLING, EVEN AMONG THOSE WHO HAVEN'T FALLEN BEFORE, MAY LEAD TO MORE FALLS.

- a. True
- b. False

Explanation: Fear of falling can lead older adults to be less active, which leads to poor physical health. Poor physical health can lead to falls, even for those who have never fallen before.



HIP RAISES (SEATED)



1. Shift weight to the right hip and lift left hip off the chair.
2. Shift your weight to the left hip and lift your right hip off the chair.

Standing Option: Using a chair for support if needed, slowly raise one leg out to the side of your body, keeping your foot flexed and pointing upward. Then lower back toward the standing leg, keeping your hips centered and only moving your leg. Repeat with the other leg.

BALANCE EXERCISE (SEATED)



1. Sit with eyes closed for 30 seconds.
2. With eyes still closed, turn head from side-to-side.
3. Keep eyes closed, and move head up and down. Repeat steps one more time.

4 IF YOU HAVE A MODERATE TO HIGH RISK FOR FALLS, YOU CAN REDUCE YOUR RISK BY:

- a. Medication management
- b. Increasing physical activity
- c. Home safety improvement
- d. All of the above

Explanation: Managing your medications, exercising, and improving home safety are all things you can do to reduce your risk of falls. We will discuss these topics in more detail over the next few weeks.



x 3

MORNING WALK (SEATED)



1. Sit on the edge of your chair and move legs in a walking motion, quicker than typical speed.
2. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees.



For a Challenge: Try pumping your arms back and forth.

SIDE STEPS (SEATED)



1. Begin seated, feet together, with hands on your thighs.
2. Raise your right foot off the ground and step as far to the right as you can without leaving your chair.
3. Bring your feet back together.
4. Repeat with the left foot out as far as you can, then come back together.



x 3

THUMB TO FINGERS



1. Start with your hand in a neutral, relaxed position with all fingers straight out.
2. Bend your thumb across your palm, touching the tip of your thumb to the bottom of your small finger. If you can't make your thumb touch, just stretch as far as you can.
3. Return your thumb to the starting position.
4. Repeat multiple times with each hand.



For a Challenge: Mirror your thumb movement with your feet, tapping them in and back out.



TABLE ROLL (SEATED)

1. Put your fingertips on the therapy ball, and roll the ball on the table top.
2. Repeat multiple times on each hand.



WHICH OF THE FOLLOWING MAY INDICATE YOU HAVE A BALANCE PROBLEM?

- a. Feeling unsteady
- b. Feeling lightheaded
- c. Blurred vision
- d. All of the above

Explanation: All of these are signs you may have a balance problem. Other signs include feeling disoriented, losing sense of time, place, or identity, and feeling like the room is spinning. If you think that you have a balance disorder, schedule an appointment with your healthcare provider.



x 3

TRUNK ROTATION (SEATED)



1. Sit on the edge of your chair, with your feet shoulder-width apart on the floor.
2. Squeeze your shoulder blades slightly together while you reach your arms out to the sides, as if making a "T."
3. Twist your upper body to the right and pulse, going gently further into spinal rotation **three** times. Exhale with each twist. Inhale and return to center, then repeat on the other side.

For a Challenge: Swing your arms and bend your torso to reach for your knee / ankle!

FREESTYLE STROKE (SEATED)



1. Sit on the edge of your chair, back straight, and head high.
2. Perform a freestyle swim stroke by lifting your arms overhead, and alternating arms going forward in a scooping motion.
3. Pull your shoulders down and back while squeezing your shoulder blades together.

For a Challenge: Try shifting your weight from side-to-side as you alternate arms.

TIE YOUR SHOES (SEATED)



1. Begin in a seated position with both legs straight out, heels touching the floor.
2. Slowly point your toes towards your shins, keeping your heels on the ground.
3. Return toes to starting position, pointing away from your body.

HI / GOODBYE, NEIGHBOR! (STANDING)



1. Stand if you can, then turn and greet the person on either side of you.
2. This can be a handshake, a high five, a fist bump, a big hug, or even just a wave!

But no matter what you choose, make sure you and your neighbor are on the same page.



Review questions and correct responses with your Bingocizers!



Continue to play Bingo until there's a **final winner!**

SEE YOU NEXT TIME!

Before you go, I will hand out your *Falls Prevention Take-Home Handout* for week 1.
Thank you for coming to the first session of Bingocize®!

AFTER TODAY'S SESSION

- ☐ Take attendance
- ☐ Collect all materials
- ☐ Clean up / rearrange space as needed

REMINDER

Were you observed for **delivery fidelity** today?
If yes, make sure to complete the *Fidelity Check* sheet and submit it!
If no, just be sure to be observed + complete the sheet in the **first two weeks of the workshop**.



FACILITATOR GUIDE: FALLS PREVENTION, SESSION 2

BEFORE TODAY'S SESSION

- ☐ Prep your traditional Bingo materials (if applicable)
- ☐ Prep Bingocize® Curriculum Reinforcements
- ☐ Prep / rearrange your space (make sure your Bingocizers will have plenty of space to move!)
- ☐ **Get your Bingocize® T-Shirt on!**

MATERIALS NEEDED

- ☐ Weekly Class Attendance Form
- ☐ Resistance Bands + Therapy Balls
- ☐ Traditional Bingo Set (if applicable)
- ☐ Bingocize® Curriculum Reinforcements
- ☐ Bingocize® Boards + Markers (if applicable)
- ☐ Bingocizer Devices (if applicable)

WELCOME!

Note: Remember to reference the *Exercise Modifications Guide* for ideas to modify movements.

The takeaway message from our first session was **falling is not an inevitable result of aging**. During today's session, we'll discuss:



Signs that you may be at risk for falls.



Tips for helping prevent falls!



Some of the bad things that can happen if you do fall.

Reminder: During the exercise portion of the program, it is important to push yourself, but make sure to find a pace that makes you **feel good**. Most importantly, let's have some fun!

Source: National Council on Aging, 2018



Let's start off with three rolls!

6

WHICH OF THE FOLLOWING TIPS CAN HELP YOU PREVENT FALLS?

- a. Find a balance and exercise program
- b. Talk to your health care provider
- c. Get your vision and hearing checked annually
- ☒ d. All of the above

Explanation: All of these are ways to reduce your falls risk. Other tips include reviewing your medication regularly, talking to your family members to enlist their support, and clearing clutter to keep your home safe.

MORNING WALK (SEATED)



1. Sit on the edge of your chair and move legs in a walking motion, quicker than typical speed.
2. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees.



For a Challenge: Try pumping your arms back and forth.

TIE YOUR SHOES (SEATED)



1. Begin in a seated position with both legs straight out, heels touching the floor.
2. Slowly point your toes towards your shins, keeping your heels on the ground.
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TOP SHELF REACH (SEATED)



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2. Place one hand on the side of the chair for support, and as you breathe in, sweep the opposite arm out to the side and up overhead.
3. Breathe out as you continue the motion, moving through full range and finally into a side bend.
4. Pause, breathe in, and return back to the starting position.
5. Repeat on the opposite side.



TRUNK ROTATION (SEATED)



1. Sit with your feet shoulder-width apart on the floor.
2. Squeeze your shoulder blades slightly together while you reach your arms out to the sides, as if making a "T."
3. Twist your upper body to the right and pulse, going gently further into spinal rotation **three** times. Exhale with each twist. Inhale and return to center, then repeat on the other side.



For a Challenge: Swing your arms and bend your torso to reach for your knee / ankle!

Time for three more rolls! How do we feel after that first round of movement?



7

TRUE OR FALSE: STEADYING YOURSELF ON FURNITURE AS YOU WALK OR STAND UP DOES NOT MEAN YOU ARE AT RISK FOR FALLS.

- a. True
b. False

Explanation: Steadying yourself on furniture is a sign that you are at risk for falls. If you find you are having to steady yourself, you should talk to your healthcare provider about what you can do to become steadier.

TOES TO THE SKY (SEATED)



1. Begin with your back straight and good posture, eyes facing forward, palms on your thighs.
2. Feet hip-width apart. Extend and lift your right foot with toes flexed and pointed to the sky.
3. Point your toes straight and slowly return to starting position.
4. Repeat with your left foot.





SIT TO STAND



1. Sitting tall, extend your legs until fully standing, moving only the hip, knee, and ankle joints.
2. Pause and then return to sitting position.
3. Keep shoulders down and knees from bending past your toes throughout the exercise.

Seated Option: Push up with hands on the seat or arms of a wheelchair, or modify as possible using a cane / walker. Either way, make sure you remember your posture!

For a Challenge: Cross your arms over your chest or hold a weight between your hands.



TRUE OR FALSE: FALLS ARE THE MOST COMMON CAUSE OF TRAUMATIC BRAIN INJURY.

- a. True
- b. False

Explanation: Falls are responsible for over half of traumatic brain injury hospitalizations. Any head or brain injuries are very serious, especially in older adults. This is why it is extremely important to call your doctor after you have fallen as you may have hit your head without realizing it.



x 3



HIP RAISES (SEATED)



1. Shift weight to the right hip and lift left hip off the chair.
2. Shift your weight to the left hip and lift your right hip off the chair.

Standing Option: Using a chair for support if needed, slowly raise one leg out to the side of your body, keeping your foot flexed and pointing upward. Then lower back toward the standing leg, keeping your hips centered and only moving your leg. Repeat with the other leg.



BALANCE EXERCISE (SEATED)



1. Sit with eyes closed for 30 seconds.
2. With eyes still closed, turn head from side-to-side.
3. Keep eyes closed, and move head up and down. Repeat steps one more time.



TRUE OR FALSE: MORE THAN 95% OF HIP FRACTURES ARE CAUSED BY FALLING.

- a. True
- b. False

Explanation: Each year, at least 300,000 older adults are hospitalized for hip fractures.



x 3



MORNING WALK (SEATED)



1. Sit on the edge of your chair and move legs in a walking motion, quicker than typical speed.
2. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees.

For a Challenge: Try pumping your arms back and forth.



SIDE STEPS (SEATED)



1. Begin seated, feet together, with hands on your thighs.
2. Raise your right foot off the ground and step as far to the right as you can without leaving your chair.
3. Bring your feet back together.
4. Repeat with the left foot out as far as you can, then come back together.



x 3



THUMB TO FINGERS



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3. Return your thumb to the starting position.
4. Repeat multiple times with each hand.

For a Challenge: Mirror your thumb movement with your feet, tapping them in and back out.



TABLE ROLL



1. Put your fingertips on the therapy ball, and roll the ball on the table top.
2. Repeat multiple times on each hand.



WHICH OF THE FOLLOWING ARE RISK FACTORS FOR FALLING?

- a. Blood pressure dropping when you get up quickly from a lying or sitting position
- b. Confusion from waking up in an unfamiliar environment
- c. Muscle weakness
- d. All of the above

Explanation: All of these increase your risk for falling, so it is important to get up slowly from lying and sitting positions, wait for your mind to clear before walking around if you feel confused about where you are, and participate in exercise programs like Bingocize® in order to keep your muscles strong.



x 3



TRUNK ROTATION (SEATED)



1. Sit on the edge of your chair, with your feet shoulder-width apart on the floor.
2. Squeeze your shoulder blades slightly together while you reach your arms out to the sides, as if making a "T."
3. Twist your upper body to the right and pulse, going gently further into spinal rotation **three** times. Exhale with each twist. Inhale and return to center, then repeat on the other side.

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3. Return toes to starting position, pointing away from your body.



HI / GOODBYE, NEIGHBOR! (STANDING)



1. Stand if you can, then turn and greet the person on either side of you.
2. This can be a handshake, a high five, a fist bump, a big hug, or even just a wave!

But no matter what you choose, make sure you and your neighbor are on the same page.



Review questions and correct responses with your Bingocizers!



Continue to play Bingo until there's a final winner!

SEE YOU NEXT WEEK!

Keep working on your *Take-Home Handout* and bring it back next week!

AFTER TODAY'S SESSION

- ☐ Take attendance
- ☐ Collect all materials
- ☐ Clean up / rearrange space as needed

REMINDER

Were you observed for **delivery fidelity** today?
If yes, make sure to complete the *Fidelity Check* sheet and submit it!
If no, just be sure to be observed + complete the sheet in the **first two weeks of the workshop**.



FACILITATOR GUIDE: FALLS PREVENTION, SESSION 3

BEFORE TODAY'S SESSION

- ☐ Print the *Falls Prevention Take-Home Handout* (Week 2)
- ☐ Prep your traditional Bingo materials (if applicable)
- ☐ Prep Bingocize® Curriculum Reinforcements
- ☐ Prep / rearrange your space (make sure your Bingocizers will have plenty of space to move!)
- ☐ **Get your Bingocize® T-Shirt on!**

MATERIALS NEEDED

- ☐ *Falls Prevention Take-Home Handout* (Week 2)
- ☐ *Weekly Class Attendance Form*
- ☐ Resistance Bands + Therapy Balls
- ☐ Traditional Bingo Set (if applicable)
- ☐ Bingocize® Curriculum Reinforcements
- ☐ Bingocize® Boards + Markers (if applicable)
- ☐ Bingocizer Devices (if applicable)

WELCOME!

Note: Remember to reference the *Exercise Modifications Guide* for ideas to modify movements.

In the past, healthcare providers took the lead, and the patient followed. Today, a good patient-provider relationship is more of a partnership – or even a team – of healthcare professionals managing your medical problems to keep you healthy. Your providers can assess your falls risk and review your medications!

You may feel a little sore from last week but remember that's normal. We will begin to increase the amount of time we exercise, and make sure to find the pace that makes you **feel good**, and stays between 5-6 on the 1-10 scale. And of course, have fun!

Source: Centers for Disease Control; National Center for Injury Prevention, 2018



Let's start off with three rolls!

11

WHICH OF THE FOLLOWING ARE WAYS YOUR HEALTHCARE PROVIDER CAN HELP MANAGE MEDICATIONS TO REDUCE YOUR FALLS RISK?

- a. Stop medications when possible
- b. Switch to safer alternatives
- c. Reduce medications to the lowest effective dose
- ☒ d. All of the above

Explanation: It is important to discuss your medications with your provider so they can determine if changes need to be made to reduce your falls risk. Using a pill box can help you keep track of your medications.



MORNING WALK (SEATED)

1. Sit on the edge of your chair and move legs in a walking motion, quicker than typical speed.
2. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees.



For a Challenge: Try pumping your arms back and forth.



WRITE YOUR NAME (SEATED)



1. Begin in a seated position with feet hip-width apart. Raise one leg off the ground, keeping the knee at a 90 degree angle.
2. With your ankle only, spell your name. Repeat with the opposite leg.



TOP SHELF REACH (SEATED)



1. Scoot to the edge of your chair, back straight, feet hip-width apart on the floor.
2. Place one hand on the side of the chair for support, and as you breathe in, sweep the opposite arm out to the side and up overhead.
3. Breathe out as you continue the motion, moving through full range and finally into a side bend.
4. Pause, breathe in, and return back to the starting position. Repeat on the opposite side.



TRUNK ROTATION (SEATED)



1. Sit on the edge of your chair with your feet shoulder-width apart on the floor.
2. Squeeze your shoulder blades slightly together while you reach your arms out to the sides, as if making a "T."
3. Twist your upper body to the right and pulse, going gently further into spinal rotation **three** times. Exhale with each twist. Inhale and return to center, then repeat on the other side.

For a Challenge: Swing your arms and bend your torso to reach for your knee / ankle!



x 3



TRUE OR FALSE: MEDICATION SIDE EFFECTS AND INTERACTIONS, LIKE DIZZINESS, CAN LEAD TO FALLS.

- a. True
- b. False

Explanation: It is important to discuss medication side effects with your doctor. They can even make adjustments to reduce your falls risk!



CUEING DRILL (STANDING)



1. Stand with feet hip-width apart. Take one step forward, then take one step backward.
2. Turn around and face the opposite direction. Then turn around to the starting position.
3. Crouch down with your knees bent. Place your hands on your knees. Now stand up tall and clap your hands ten times.
4. Stand with your right foot up, and hold. Then switch to your left foot up, and hold.
5. Step your right foot forward, and reach up with your left arm. Return to center.
6. Step your left foot forward, and reach up with your right arm. Return to center, arms at your sides.
7. Roll up to stand on your toes, then roll back down.
8. Turn your head to the right. Return to the center.
9. Turn your head to the left. Return to the center.

Seated Option: Movements can be emulated while sitting. Instead of turning to face the opposite direction, twist the upper body (as much as is comfortable) to look over the shoulder. Foot movements will be the same, but the Bingocizer will remain seated!



SIT TO STAND



1. Sitting tall, extend your legs until fully standing, moving only the hip, knee, and ankle joints.
2. Pause and then return to sitting position.
3. Keep shoulders down and knees from bending past your toes throughout the exercise.

Seated Option: Push up with hands on the seat or arms of a wheelchair, or modify as possible using a cane / walker. Either way, make sure you remember your posture!

For a Challenge: Cross your arms over your chest or hold a weight between your hands.



WHICH OF THE FOLLOWING TYPES OF MEDICATION CAN CAUSE DIZZINESS, SEDATION, CONFUSION, OR BLURRED VISION WHEN YOU STAND UP?

- a. Antihistamines
- b. Muscle relaxants
- c. Medications affecting blood pressure
- ☒ d. All of the above

Explanation: Your doctor can help you manage these types of medications to help reduce your falls risk.



x 3



CHEST PRESS (SEATED)



1. Sit with the resistance band behind your upper back, holding the band handles. For more resistance, grab the resistance band itself.
2. Position your arms out to your side and parallel to the ground, with a slight bend.
3. Maintain that slight bend in your arms while you slowly bring your hands together.
4. Once your hands have come in contact, slowly return to the starting position.



BALANCE EXERCISE (SEATED)



1. Sit with eyes closed for 20 seconds.
2. With eyes still closed, turn head from side-to-side.
3. Keep eyes closed, and move head up and down. Repeat steps one more time.



TRUE OR FALSE: CHRONIC CONDITIONS, SUCH AS HEART DISEASE AND DIABETES, LEAD TO POOR HEALTH OUTCOMES, BUT INCREASED FALLS IS NOT ONE OF THOSE POSSIBLE OUTCOMES.

- a. True
- ☒ b. False

Explanation: Chronic conditions can lead to lower physical fitness, which can lead to falls. Talk to your health care provider about how your chronic condition can increase your risk for falls.



x 3

MORNING WALK (SEATED)



1. Sit on the edge of your chair and move legs in a walking motion, quicker than typical speed.
2. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees.

For a Challenge: Try pumping your arms back and forth.

SIDE STEPS (SEATED)



1. Begin seated, feet together, with hands on your thighs.
2. Raise your right foot off the ground, step as far to the right as you can without leaving the chair.
3. Bring your feet back together.
4. Repeat with the left foot out as far as you can, then come back together.

x 3

THUMB TO FINGERS



1. Start with your hand in a neutral, relaxed position with all fingers straight out.
2. Bend your thumb across your palm, touching the tip of your thumb to the bottom of your small finger. If you can't make your thumb touch, just stretch as far as you can.
3. Return your thumb to the starting position then repeat multiple times with each hand.

For a Challenge: Mirror your thumb movement with your feet, tapping them in and back out.

C-GRIP



1. Hold your hand and fingers straight and close together, then gently curve your fingers into a "C" shape (imagine your hand is wrapped around a can).
2. Moving slowly, return your hand to the starting position. Repeat multiple times on each hand.

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TRUE OR FALSE: HEALTHCARE PROVIDERS ARE ENCOURAGED TO ASSESS YOUR FALLS RISK AND REFER YOU TO SOMEONE WHO CAN HELP.

- a. True
- b. False

Explanation: Ask your health care provider to assess your falls risk. They can then refer you to physical therapy and/or a community-based falls prevention program like Bingocize® and others.

x 3

TRUNK ROTATION (SEATED)



1. Sit on the edge of your seat with your feet shoulder-width apart on the floor.
2. Squeeze your shoulder blades slightly together while you reach your arms out to the sides, as if making a "T."
3. Twist your upper body to the right and pulse, going gently further into spinal rotation **three** times. Exhale with each twist. Inhale and return to center, then repeat on the other side.

For a Challenge: Swing your arms and bend your torso to reach for your knee / ankle!



FREESTYLE STROKE (SEATED)



1. Sit on the edge of your seat, back straight, and head high.
2. Perform a freestyle swim stroke by lifting your arms overhead, and alternating arms going forward in a scooping motion.
3. Pull your shoulders down and back while squeezing your shoulder blades together.

For a Challenge: Try shifting your weight from side-to-side as you alternate arms.



TIE YOUR SHOES (SEATED)



1. Begin in a seated position with both legs straight out, heels touching the floor.
2. Slowly point your toes towards your shins, keeping your heels on the ground.
3. Return toes to starting position, pointing away from your body.



HI / GOODBYE, NEIGHBOR! (STANDING)



1. Stand if you can, then turn and greet the person on either side of you.
2. This can be a handshake, a high five, a fist bump, a big hug, or even just a wave!

But no matter what you choose, make sure you and your neighbor are on the same page.



Review questions and correct responses with your Bingocizers!



Continue to play Bingo until there's a final winner!

SEE YOU NEXT TIME!

Before you go, I will hand out your *Falls Prevention Take-Home Handout* for week 2.

AFTER TODAY'S SESSION

- ☐ Take attendance
- ☐ Collect all materials
- ☐ Clean up / rearrange space as needed

REMINDER

Were you observed for **delivery fidelity** today?
If yes, make sure to complete the *Fidelity Check* sheet and submit it!
If no, just be sure to be observed + complete the sheet in the **first two weeks of the workshop**.



FACILITATOR GUIDE: FALLS PREVENTION, SESSION 4

BEFORE TODAY'S SESSION

- ☐ Prep your traditional Bingo materials (if applicable)
- ☐ Prep Bingocize® Curriculum Reinforcements
- ☐ Prep / rearrange your space (make sure your Bingocizers will have plenty of space to move!)
- ☐ **Get your Bingocize® T-Shirt on!**

MATERIALS NEEDED

- ☐ Weekly Class Attendance Form
- ☐ Resistance Bands + Therapy Balls
- ☐ Traditional Bingo Set (if applicable)
- ☐ Bingocize® Curriculum Reinforcements
- ☐ Bingocize® Boards + Markers (if applicable)
- ☐ Bingocizer Devices (if applicable)

WELCOME!

Note: Remember to reference the *Exercise Modifications Guide* for ideas to modify movements.

Last time we discussed the importance of talking with your healthcare provider about your falls risk, especially to review your medications. Today, we will talk about some common conditions – such as depression and foot pain – that can increase your risk for falls and why it's important to discuss with your health care providers, including your pharmacist.

Reminder: During the exercise portion of the program, it is important to challenge yourself, but make sure to find a pace that makes you **feel good**. Stay between 5-6 on the 1-10 scale.

Source: National Council on Aging, 2018



Let's start off with three rolls!



IF YOU ARE 65+, YOUR DOCTOR SHOULD COMPLETE A FALLS SCREENER EVERY...

- a. 2 years
- ☒ b. 1 year
- c. 3 years
- d. 6 months

Explanation: Your health status can change quickly, so it is important to assess your falls risk every year.

MORNING WALK (SEATED)



1. Sit on the edge of your chair and move legs in a walking motion, quicker than typical speed.
2. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees.



For a Challenge: Try pumping your arms back and forth.

WRITE YOUR NAME (SEATED)



1. Begin in a seated position with feet hip-width apart. Raise one leg off the ground, keeping the knee at a 90 degree angle.
2. With your ankle only, spell your name. Repeat with the opposite leg.





TOP SHELF REACH (SEATED)



1. Scoot to the edge of your chair, back straight, feet hip-width apart on the floor.
2. Place one hand on the side of the chair for support, and as you breathe in, sweep the opposite arm out to the side and up overhead.
3. Breathe out as you continue the motion, moving through full range and finally into a side bend.
4. Pause, breathe in, and return back to the starting position. Repeat on the opposite side.



TRUNK ROTATION (SEATED)



1. Sit on the edge of your chair with your feet shoulder-width apart on the floor.
2. Squeeze your shoulder blades slightly together while you reach your arms out to the sides, as if making a "T."
3. Twist your upper body to the right and pulse, going gently further into spinal rotation **three** times. Exhale with each twist. Inhale and return to center, then repeat on the other side.

For a Challenge: Swing your arms and bend your torso to reach for your knee / ankle!



x 3



TRUE OR FALSE: SYMPTOMS OF DEPRESSION, SUCH AS NOT FEELING WELL OR FEELING SLOWED DOWN, ARE LINKED TO FALLS.

- a. True
- b. False

Explanation: Depression can cause issues with balance, coordination, and attention, which increases the risk for falls. Talk to your healthcare provider if you are feeling depressed.



CUEING DRILL (STANDING)



1. Stand with feet hip-width apart. Take one step forward, then one step backward.
2. Turn around to face opposite direction. Then turn back to the starting position.
3. Crouch down with your knees bent. Place your hands on your knees. Now stand up tall and clap your hands ten times.
4. Stand with your right foot up, and hold. Then switch to your left foot up, and hold.
5. Step your right foot forward, and reach up with your left arm. Return to center.
6. Step left foot forward, and reach up with right arm. Return to center, arms at your sides.
7. Roll up to stand on your toes, then roll back down.
8. Turn your head to the right. Return to the center.
9. Turn your head to the left. Return to the center.

Seated Option: Movements can be emulated while sitting. Instead of turning to face the opposite direction, twist the upper body (as much as is comfortable) to look over the shoulder. Foot movements will be the same, but the Bingocizer will remain seated!



SIT TO STAND



1. Sitting tall, extend your legs until fully standing, moving only the hip, knee, and ankle joints.
2. Pause and then return to sitting position.
3. Keep shoulders down and knees from bending past your toes throughout the exercise.

Seated Option: Push up with hands on the seat or arms of a wheelchair, or modify as possible using a cane / walker. Either way, make sure you remember your posture!

For a Challenge: Cross your arms over your chest or hold a weight between your hands.

18

TRUE OR FALSE: NIA IS EXPERIENCING FOOT PAIN IN ONE FOOT AND NUMBNESS IN THE OTHER, BUT THE PAIN AND NUMBNESS WILL NOT INCREASE HER LIKELIHOOD OF FALLING.

- a. True
b. False

Explanation: Numbness and foot pain can cause problems with how you walk, which increases your risk of falling. Talk to a healthcare provider to determine what you can do to protect yourself.



x 3



CHEST PRESS (SEATED)



1. Sit with the resistance band behind your upper back, holding the band handles. For more resistance, grab the resistance band itself.
2. Position your arms out to your side and parallel to the ground, with a slight bend.
3. Maintain that slight bend in your arms while you slowly bring your hands together.
4. Once your hands have come in contact, slowly return to the starting position.



BALANCE EXERCISE (SEATED)



1. Sit with eyes closed for 20 seconds.
2. With eyes still closed, turn head from side-to-side.
3. Keep eyes closed, and move head up and down. Repeat steps one more time.

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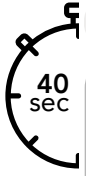
TRUE OR FALSE: AN UNDIAGNOSED MENTAL HEALTH CONDITION IS NOT GOING TO AFFECT MY CHANCE FOR FALLS.

- a. True
b. False

Explanation: Mental health conditions do increase chances for falls. It is important to communicate with your doctor if you have concerns.



x 3



MORNING WALK (SEATED)



1. Sit on the edge of your chair and move legs in a walking motion, quicker than typical speed.
2. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees.

For a Challenge: Try pumping your arms back and forth.



SIDE STEPS (SEATED)



1. Begin seated, feet together, with hands on your thighs.
2. Raise your right foot off the ground and step as far to the right as you can without leaving your chair.
3. Bring your feet back together.
4. Repeat with the left foot out as far as you can, then come back together.



x 3



THUMB TO FINGERS



1. Start with your hand in a neutral, relaxed position with all fingers straight out.
2. Bend your thumb across your palm, touching the tip of your thumb to the bottom of your small finger. If you can't make your thumb touch, just stretch as far as you can.
3. Return your thumb to the starting position.
4. Repeat multiple times with each hand.

For a Challenge: Mirror your thumb movement with your feet, tapping them in and back out.



C-GRIP



1. Hold your hand and fingers straight and close together, then gently curve your fingers into a "C" shape (imagine your hand is wrapped around a can).
2. Moving slowly, return hand to the starting position. Repeat multiple times on each hand.



TRUE OR FALSE: PHARMACISTS ARE NOT TRAINED TO HELP REDUCE YOUR FALLS RISK.

- a. True
- ☒ b. False

Explanation: Pharmacists can be an important part of your falls prevention team. You can ask your pharmacist about drug interactions and side effects from medications and how these impact your falls risk.



x 3



TRUNK ROTATION (SEATED)



1. Sit on the edge of your chair with your feet shoulder-width apart on the floor.
2. Squeeze your shoulder blades slightly together while you reach your arms out to the sides, as if making a "T."
3. Twist your upper body to the right and pulse, going gently further into spinal rotation **three** times. Exhale with each twist. Inhale and return to center, then repeat on the other side.

For a Challenge: Swing your arms and bend your torso to reach for your knee / ankle!



FREESTYLE STROKE (SEATED)



1. Sit on the edge of your chair, back straight, and head high.
2. Perform a freestyle swim stroke by lifting your arms overhead, and alternating arms going forward in a scooping motion.
3. Pull your shoulders down and back while squeezing your shoulder blades together.

For a Challenge: Try shifting your weight from side-to-side as you alternate arms.



TIE YOUR SHOES (SEATED)



1. Begin in a seated position with both legs straight out, heels touching the floor.
2. Slowly point your toes towards your shins, keeping your heels on the ground.
3. Return toes to starting position, pointing away from your body.



HI / GOODBYE, NEIGHBOR! (STANDING)



1. Stand if you can, then turn and greet the person on either side of you.
2. This can be a handshake, a high five, a fist bump, a big hug, or even just a wave!

But no matter what you choose, make sure you and your neighbor are on the same page.



Review questions and correct responses with your Bingocizers!



Continue to play Bingo until there's a **final winner!**

SEE YOU NEXT TIME!

Keep working on your *Take-Home Handout* and bring it back next week!

AFTER TODAY'S SESSION

- ☐ Take attendance
- ☐ Collect all materials
- ☐ Clean up / rearrange space as needed

REMINDER

Were you observed for **delivery fidelity** today?
If yes, make sure to complete the *Fidelity Check* sheet and submit it!



FACILITATOR GUIDE: FALLS PREVENTION, SESSION 5

BEFORE TODAY'S SESSION

- ☐ Print the *Falls Take-Home Handout* (Week 3)
- ☐ Prep your traditional Bingo materials (if applicable)
- ☐ Prep Bingocize® Curriculum Reinforcements
- ☐ Prep / rearrange your space (make sure your Bingocizers will have plenty of space to move!)
- ☐ **Get your Bingocize® T-Shirt on!**

MATERIALS NEEDED

- ☐ *Falls Take-Home Handout* (Week 3)
- ☐ *Weekly Class Attendance Form*
- ☐ Resistance Bands + Therapy Balls
- ☐ Traditional Bingo Set (if applicable)
- ☐ Bingocize® Curriculum Reinforcements
- ☐ Bingocize® Boards + Markers (if applicable)
- ☐ Bingocizer Devices (if applicable)

WELCOME!

Note: Remember to reference the *Exercise Modifications Guide* for ideas to modify movements.

Can you believe we are already on week 3? You've all done so well!

How are you feeling? I hope you're feeling good and are taking to heart everything we've learned in the first few weeks. Today we're going to begin looking at some of the areas in your home that are the most likely fall risks and ways that you can start to make some changes to your environment to reduce your fall risk. This includes:



Checking your floors



Updating your lighting



Getting rid of clutter

So, let's get ready to move our bodies and have some fun today!

Reminder: During the exercise portion of the program, it is important to challenge yourself, but make sure to find a pace that makes you **feel good**. Stay between 5-6 on the 1-10 scale.



Let's start off with three rolls!

21

WHICH OF THE FOLLOWING IS A HELPFUL WAY TO AVOID FALLS AND INJURIES?

- a. Staying physically active
- b. Having your eyes and ears tested
- c. Making sure you get enough sleep
- ☒ d. All of the above

Explanation: All of these things can help you avoid falls, reducing your risk for injuries like hip fractures.



MORNING WALK (STANDING)



1. Stand and walk in place, quicker than your typical speed.
2. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees.

For a Challenge: Try pumping your arms back and forth.



WRITE YOUR NAME (SEATED)



1. Begin in a seated position with feet hip-width apart. Raise one leg off the ground, keeping the knee at a 90 degree angle.
2. With your ankle only, spell your name. Repeat with the opposite leg.



GOOD MORNING (SEATED)



1. Sit with your feet wider than shoulder-width apart. Keeping your back and neck straight and tall, slowly bend forward at the hips until your torso is parallel to the floor.
2. Keeping your back straight and tall, slowly bend back up until you are in starting position.



CHAIR SCOOT (SEATED)



1. Start out sitting with your bottom all the way to the back of your chair, then scoot forward until your bottom is near the front edge of the chair.
2. Now scoot back. And repeat.



x 3



WHERE DO APPROXIMATELY 75% OF OLDER ADULTS FALL?

- a. In or near the home
- b. At social events
- c. While exercising
- d. At work

Explanation: Many people avoid going out in public because they are afraid to fall, however, about 75% of older adults fall in or near the home.



GRAPEVINE (STANDING)



1. Stand with arms at your side and feet together. Using your right leg, step in front of and across your left foot, criss-crossing your legs.
2. Take a side-step to the left using your left foot, uncrossing your legs.
3. Now cross your right leg behind your left leg, criss-crossing your legs.
4. Then, take a side-step to the left using your left foot, uncrossing your legs.
5. Now repeat, criss-crossing your left leg in front of your right leg.

Seated Option: Twist your upper body in one direction (as far as is comfortable) while you copy the foot motions with your hands and arms, then repeat and twist to the other side.



SIT TO STAND



1. Sitting tall, extend your legs until fully standing, moving only the hip, knee, and ankle joints.
2. Pause and then return to sitting position.
3. Keep shoulders down and knees from bending past your toes throughout the exercise.

Seated Option: Push up with hands on the seat or arms of a wheelchair, or modify as possible using a cane / walker. Either way, make sure you remember your posture!

For a Challenge: Cross your arms over your chest or hold a weight between your hands.



WHAT ARE THE THREE MOST COMMON PROBLEM AREAS FOR FALLS IN AND AROUND YOUR HOME?

- a. Garage, entrance, and living room
- b. Garden, living room, and kitchen
- ☒ c. Steps to entrances, inside stairs, and unsafe bathrooms
- d. Living room, laundry room, and kitchen

Explanation: These are the most common areas for falls. Make sure there is plenty of light at the top and bottom of the stairs, fix loose or uneven steps, and have grab bars around the tub and next to the toilet.



x 3



ARM CURL (SEATED)



1. Sit on the edge of your chair, and place the resistance band beneath both of your feet. Keep head high, and hold resistance band handles with your palms up.
2. While holding the upper arm still, curl your lower arms up. Only your forearms should move.
3. Curl as far as possible, then slowly lower your hands back to the starting position.



ARM EXTENSIONS (SEATED)



1. Extend and straighten your right arm straight up, palm facing forward.
2. Bend your right elbow, letting your hand bend down behind your head as if you were patting yourself on the back.
3. Place your left hand on your right elbow. Gently pull until you feel a stretch down the back of your upper arm.
4. Repeat with your left arm.



WHICH OF THE FOLLOWING CAN HELP YOU BETTER SEE WHEN WALKING UP AND DOWN STAIRS?

- a. Using reflective tape on the stairs
- b. Replacing light bulbs
- c. Removing clutter
- ☒ d. All of the above

Explanation: All of these are good ways to better see stairs. Other suggestions include fixing loose or uneven stairs and making sure carpet is firmly attached to every step.



x 3



MORNING WALK (STANDING)



1. Stand and walk in place, quicker than your typical speed.
2. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees.

For a Challenge: Try pumping your arms back and forth.



SIDE STEPS (SEATED)



1. Begin seated, feet together, with hands on your thighs.
2. Raise your right foot off the ground and step as far to the right as you can without leaving your chair.
3. Bring your feet back together.
4. Repeat with the left foot out as far as you can, then come back together.



x 3



THUMB TO FINGERS



1. Start with your hand in a neutral, relaxed position with all fingers straight out.
2. Bend your thumb across your palm, touching the tip of your thumb to the bottom of your small finger. If you can't make your thumb touch, just stretch as far as you can.
3. Return your thumb to the starting position.
4. Repeat multiple times with each hand.

For a Challenge: Mirror your thumb movement with your feet, tapping them in and back out.



C-GRIP



1. Hold your hand and fingers straight and close together, then gently curve your fingers into a "C" shape (imagine your hand is wrapped around a can).
2. Moving slowly, return your hand to the starting position. Repeat multiple times on each hand.



25 WHICH OF THE FOLLOWING IS NOT A GOOD WAY TO FALL-PROOF OUTDOOR AREAS OF YOUR HOME?

- a. Improve outdoor lighting
- b. Remove all handrails on steps
- c. Add outdoor step grips and keep walkway free of clutter (such as leaves)
- d. All of the above

Explanation: Handrails on outdoor steps are a good way to reduce falls on the outside of your home. Adding outdoor lighting and step grips can also reduce falls.



x 3

TRUNK ROTATION (STANDING)



1. Stand with your feet shoulder-width apart on the floor.
2. Squeeze your shoulder blades slightly together while you reach your arms out to the sides, as if making a "T."
3. Twist your upper body to the right and pulse, going gently further into spinal rotation **three** times. Exhale with each twist. Inhale and return to center, then repeat on the other side.

For a Challenge: Swing your arms and bend your torso to reach for your knee / ankle!

FREESTYLE STROKE (STANDING)



1. Stand, back straight, and head high.
2. Perform a freestyle swim stroke by lifting your arms overhead, and alternating arms going forward in a scooping motion.
3. Pull your shoulders down and back while squeezing your shoulder blades together.

For a Challenge: Try shifting your weight from side-to-side as you alternate arms.

CALF STRETCH (STANDING)



1. Standing, place both hands on the back of the chair and keep your back leg straight.
2. Lean into the chair with your heels on the floor.

If you're able to let go of the chair, straighten one leg and flex your toes up towards your body. Repeat on the other leg.

Seated Option: Raise both legs out in front of you, keeping them as straight as comfort allows. Flex your feet back towards you, then away from you. Lower feet back to the starting position.

For a Challenge: Lean towards your flexed toes.

HI / GOODBYE, NEIGHBOR! (STANDING)



1. Stand if you can, then turn and greet the person on either side of you.
2. This can be a handshake, a high five, a fist bump, a big hug, or even just a wave!

But no matter what you choose, make sure you and your neighbor are on the same page.



Review questions and correct responses with your Bingocizers!



Continue to play Bingo until there's a **final winner!**

SEE YOU NEXT TIME!

Before you go, I will hand out your *Falls Prevention Take-Home Handout* for week 3.

AFTER TODAY'S SESSION

- ☐ Take attendance ☐ Collect all materials ☐ Clean up / rearrange space as needed



FACILITATOR GUIDE: FALLS PREVENTION, SESSION 6

BEFORE TODAY'S SESSION

- ☐ Prep your traditional Bingo materials (if applicable)
- ☐ Prep Bingocize® Curriculum Reinforcements
- ☐ Prep / rearrange your space (make sure your Bingocizers will have plenty of space to move!)
- ☐ **Get your Bingocize® T-Shirt on!**

MATERIALS NEEDED

- ☐ Weekly Class Attendance Form
- ☐ Resistance Bands + Therapy Balls
- ☐ Traditional Bingo Set (if applicable)
- ☐ Bingocize® Curriculum Reinforcements
- ☐ Bingocize® Boards + Markers (if applicable)
- ☐ Bingocizer Devices (if applicable)

WELCOME!

Note: Remember to reference the *Exercise Modifications Guide* for ideas to modify movements.

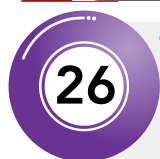
Today, we'll talk about more ways to make your home safer. For example, we'll talk about rugs and if they do or do not make an area safer!

Reminder: During the exercise portion of the program, it is important to push yourself, but make sure to find a pace that makes you **feel good**. Stay between 5-6 on the 1-10 scale.

Source: National Institutes on Aging, 2018



Let's start off with three rolls!



TRUE OR FALSE: OUTDOOR MATS CAN BE USEFUL TO PREVENT FALLS.

- a. True
- b. False

Explanation: Outdoor mats can help prevent falls as long as they can't be easily moved around. If they can be moved with your foot, they can still cause falls.

MORNING WALK (STANDING)

1. Stand and walk in place, quicker than your typical speed.
2. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees.

For a Challenge: Try pumping your arms back and forth.



WRITE YOUR NAME (SEATED)

1. Begin in a seated position with feet hip-width apart. Raise one leg off the ground, keeping the knee at a 90 degree angle.
2. With your ankle only, spell your name. Repeat with the opposite leg.



GOOD MORNING (SEATED)

1. Sit with your feet wider than shoulder-width apart. Keeping your back and neck straight and tall, slowly bend forward at the hips until your torso is parallel to the floor.
2. Keeping your back straight and tall, slowly bend back up until you are in starting position.





CHAIR SCOOT (SEATED)



1. Start out sitting with your bottom all the way to the back of your chair, then scoot forward until your bottom is near the front edge of the chair.
2. Now scoot back. And repeat.



x 3



JOSE RECEIVED A RUG AS A GIFT, BUT IT DOESN'T HAVE A NON-SLIP BACKING ATTACHED. WHAT CAN HE DO TO MAKE SURE HIS NEW RUG DOESN'T CAUSE A FALL?

- a. There is no way to safely use the rug
- b. Use double-sided carpet tape to keep the rug from slipping
- c. Only use the rug in the kitchen area
- d. None of the above

Explanation: He should add carpet tape to the rug. If that is not possible, he should *not* use the rug.



GRAPEVINE (STANDING)



1. Stand with arms at your side and feet together. Using your right leg, step in front of and across your left foot, criss-crossing your legs.
2. Take a side-step to the left using your left foot, uncrossing your legs.
3. Now cross your right leg behind your left leg, criss-crossing your legs.
4. Then, take a side-step to the left using your left foot, uncrossing your legs.
5. Now repeat, criss-crossing your left leg in front of your right leg.

Seated Option: Twist your upper body in one direction (as far as is comfortable) while you copy the foot motions with your hands and arms, then repeat and twist to the other side.



SIT TO STAND



1. Sitting tall, extend your legs until fully standing, moving only the hip, knee, and ankle joints.
2. Pause and then return to sitting position.
3. Keep shoulders down and knees from bending past your toes throughout the exercise.

Seated Option: Push up with hands on the seat or arms of a wheelchair, or modify as possible using a cane / walker. Either way, make sure you remember your posture!

For a Challenge: Cross your arms over your chest or hold a weight between your hands.



THE USE OF STAIRS CAN BE REDUCED IN A TWO-STORY HOME BY:

- a. Moving your bedroom to the first floor
- b. Carrying everything at once up the stairs
- c. Selling your home
- d. All of the above

Explanation: Moving your bedroom to the first floor is a way to reduce your need to use the stairs.



x 3



ARM CURL (SEATED)



1. Sit on the edge of your chair, and place the resistance band beneath both of your feet. Keep head high, and hold resistance band handles with your palms up.
2. While holding the upper arm still, curl your lower arms up. Only your forearms should move.
3. Curl as far as possible, then slowly lower your hands back to the starting position.



ARM EXTENSIONS (SEATED)



1. Sit and extend and straighten your right arm straight up, palm facing forward.
2. Bend your right elbow, letting your hand bend down behind your head as if you were patting yourself on the back.
3. Place your left hand on your right elbow. Gently pull until you feel a stretch down the back of your upper arm. Repeat with your left arm.



TRUE OR FALSE: NON-SLIP STRIPS FOR HARD FLOORS CAN HELP PREVENT FALLS.

- a. True
- b. False

Explanation: Non-slip strips are an easy modification to make hard floors and stairs safer.



x 3



MORNING WALK (STANDING)



1. Stand and walk in place, quicker than your typical speed.
2. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees.



SIDE STEPS (SEATED)



1. Begin seated, feet together, with hands on your thighs.
2. Raise right foot off the ground and step as far to the right as you can without leaving chair.
3. Bring your feet back together.
4. Repeat with the left foot out as far as you can, then come back together.



x 3



THUMB TO FINGERS



1. Start with your hand in a neutral, relaxed position with all fingers straight out.
2. Bend your thumb across your palm, touching the tip of your thumb to the bottom of your small finger. If you can't make your thumb touch, just stretch as far as you can.
3. Return your thumb to the starting position. Repeat multiple times with each hand.

For a Challenge: Mirror your thumb movement with your feet, tapping them in and back out.



C-GRIP



1. Hold your hand and fingers straight and close together, then gently curve your fingers into a "C" shape (imagine your hand is wrapped around a can).
2. Moving slowly, return your hand to the starting position. Repeat multiple times on each hand.



TRUE OR FALSE: MOTION SENSING LIGHTS ARE NOT HELPFUL TO MAKE SURE ROOMS, STAIRS, AND HALLWAYS ARE ALWAYS BRIGHT ENOUGH.

- a. True
- b. False

Explanation: Motion sensing lights remove the need to turn on lights to ensure it's always bright enough.



x 3



TRUNK ROTATION (STANDING)



1. Stand with your feet shoulder-width apart on the floor.
2. Squeeze your shoulder blades slightly together while you reach your arms out to the sides, as if making a "T."
3. Twist your upper body to the right and pulse, going gently further into spinal rotation **three** times. Exhale with each twist. Inhale and return to center, then repeat on the other side.

For a Challenge: Swing your arms and bend your torso to reach for your knee / ankle!



FREESTYLE STROKE (STANDING)



1. Stand, back straight, and head high. Perform a freestyle swim stroke by lifting your arms overhead, and alternating arms going forward in a scooping motion.
2. Pull your shoulders down and back while squeezing your shoulder blades together.

For a Challenge: Try shifting your weight from side-to-side as you alternate arms.



CALF STRETCH (STANDING)



1. Standing, place both hands on the back of the chair and keep your back leg straight.
2. Lean into the chair with your heels on the floor.

Seated Option: Raise both legs out in front of you, keeping them as straight as comfort allows. Flex your feet back towards you, then away from you. Lower feet back to the starting position.



HI / GOODBYE, NEIGHBOR! (STANDING)



1. Stand if you can, then turn and greet the person on either side of you.
2. This can be a handshake, a high five, a fist bump, a big hug, or even just a wave!



Review questions and correct responses with your Bingocizers!



Continue to play Bingo until there's a final winner!

SEE YOU NEXT TIME!

Keep working on your *Take-Home Handout* for next week!

- ☐ Take attendance
- ☐ Collect all materials
- ☐ Clean up / rearrange space as needed



FACILITATOR GUIDE: FALLS PREVENTION, SESSION 7

BEFORE TODAY'S SESSION

- ☐ Print the *Falls Take-Home Handout* (Week 4)
- ☐ Prep your traditional Bingo materials (if applicable)
- ☐ Prep Bingocize® Curriculum Reinforcements
- ☐ Prep / rearrange your space (make sure your Bingocizers will have plenty of space to move!)
- ☐ **Get your Bingocize® T-Shirt on!**

MATERIALS NEEDED

- ☐ *Falls Take-Home Handout* (Week 4)
- ☐ *Weekly Class Attendance Form*
- ☐ Resistance Bands + Therapy Balls
- ☐ Traditional Bingo Set (if applicable)
- ☐ Bingocize® Curriculum Reinforcements
- ☐ Bingocize® Boards + Markers (if applicable)
- ☐ Bingocizer Devices (if applicable)

WELCOME!

Note: Remember to reference the *Exercise Modifications Guide* for ideas to modify movements.

Welcome to week 4. Today we'll talk about more ways to make your home safer. It is important to have good lighting and there are lots of ways you can do that! Just a few simple ways lighting can reduce your falls risk include:



Increasing the wattage of your light bulbs.



Adjusting the blinds to reduce glare.



Adding motion sensing lighting to your home.



Placing light switches at every doorway.

Reminder: During the exercise portion of the program, it is important to challenge yourself, but make sure to find a pace that makes you **feel good**. Stay between 5-6 on the 1-10 scale.

Source: National Council on Aging, National Institute on Aging, 2018



Let's start off with three rolls!

31

TRUE OR FALSE: INCREASING THE WATTAGE OF THE LIGHT BULBS IN YOUR HOME IS NOT A GOOD IDEA BECAUSE THE LIGHTS CAN BE TOO BRIGHT.

- a. True
- ☒ b. False

Explanation: Increasing light wattage is a good idea to better light your way around your home.



MORNING WALK (STANDING)



1. Stand and walk in place, quicker than your typical speed.
2. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees.

For a Challenge: Try pumping your arms back and forth.



GOOD MORNING (SEATED)



1. Sit with your feet wider than shoulder-width apart. Keeping your back and neck straight and tall, slowly bend forward at the hips until your torso is parallel to the floor.
2. Keeping your back straight and tall, slowly bend back up until you are in starting position.



REAR HIP EXTENSIONS (STANDING)



1. Standing, hold onto the back of your chair, eyes looking forward, and head and back aligned.
2. Lift one leg behind you, keeping it straight.
3. Repeat with opposite leg.

For a Challenge: Hover hands over the back of the chair and/or close your eyes.



CRUNCHES (SEATED)



1. While seated, slowly lift your right knee while simultaneously curling your upper body forward.
2. Hold for one second, then return to starting position.
3. Repeat with the left knee.



x 3



TRUE OR FALSE: ADJUSTABLE BLINDS OR VERTICAL SHADES SHOULD NOT BE USED TO ADJUST LIGHTING LEVELS AND GLARE.

- a. True
- b. False

Explanation: Blinds/shades control lighting levels/glare that prevent you from seeing obstacles in your path.



SKIER (STANDING)



1. While standing, sidestep with your right foot and bring the left foot behind the right leg.
2. Repeat this movement on the other side.
3. Let the arms swing naturally side-to-side in the movement of the stepped direction.

For a Challenge: Tap the foot crossing behind the leg further back and exaggerate your motions.



SIT TO STAND



1. Sitting tall, extend your legs until fully standing, moving only the hip, knee, and ankle joints.
2. Pause and then return to sitting position.
3. Keep shoulders down and knees from bending past your toes throughout the exercise.

Seated Option: Push up with hands on the seat or arms of a wheelchair, or modify as possible using a cane / walker. Either way, make sure you remember your posture!

For a Challenge: Cross your arms over your chest or hold a weight between your hands.

33

TRUE OR FALSE: IT'S OK TO STAND ON A STURDY CHAIR TO GRAB ITEMS THAT ARE OUT OF REACH.

- a. True
- ☒ b. False

Explanation: A chair should never be used in place of a step stool. Even a step stool should try to be avoided! Keep frequently used items close by, but if it's absolutely necessary, use a step stool that only has 1-2 steps and has a bar to grasp. Grabber tools are also great for reaching light weight items!



x 3



LATERAL RAISES (SEATED)



1. While seated, place the resistance band beneath both feet.
2. Sit tall with the top of the head high.
3. With hands gripping handles, slowly raise one arm to the side until parallel with the floor.
4. Hold for a few seconds, then slowly release to starting position. Repeat with the other arm.

For a Challenge: Try doing both arms at the same time!



LOW ROW (SEATED)



1. Sit with a resistance band centered under your feet, and hold onto the handles of the band. As you do this exercise, imagine there is a tennis ball between your shoulder blades and you are trying to hold it there using only your back muscles.
2. As you bend your elbows and draw your hands straight back towards your armpits, keep your elbows in tight near your sides, and picture squeezing the imaginary tennis ball with your back.
3. Once the resistance band handles reach the side of the body, slowly release the band back to the starting position.

34

STAIRS CAN BE BETTER SEEN BY ADDING...

- ☒ a. Tape/stickers that are a different color than the stairs
- b. Carpet runners
- c. Tape/stickers that are the same color as the stairs
- d. All of the above

Explanation: Add colored tape/stickers to each step to help see them better. Pick a color that will stand out against the color of the stairs. Make sure to put it on the top and over the edge of each step.



x 3



MORNING WALK (STANDING)



1. Stand and walk in place, quicker than your typical speed.
2. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees.

For a Challenge: Try pumping your arms back and forth.



SIDE STEPS (STANDING)



1. Begin standing, feet together, with arms at your sides.
2. Take a step to the right and raise your right shoulder, ensure both feet are facing forward.
3. Bring your feet back together, and relax shoulder.
4. Repeat with the left foot and shoulder, then come back together.



x 3



POWER GRIP



1. Using a hand therapy ball, squeeze ball with fingers and thumb.
2. Repeat multiple times with each hand.



C-GRIP



1. Hold your hand and fingers straight and close together, then gently curve your fingers into a "C" shape (imagine your hand is wrapped around a can).
2. Moving slowly, return your hand to the starting position. Repeat multiple times on each hand.



HAVING THINGS YOU USE OFTEN IN EASY TO REACH AREAS IS ESPECIALLY IMPORTANT IN THE _____.

- a. Living room
- b. Kitchen
- c. Bedroom
- ☒ d. All of the above

Explanation: This is important in every room of your home. Reaching up high or bending down can cause you to lose balance. For example - in the kitchen, make sure that items you use often are easy to reach.



x 3



BALLET DANCER (SEATED)



1. Sit with feet hip-width apart. Breathe in and raise your arms.
2. Balance still and tall as you hold your breath for several counts.
3. As you breathe out, slowly lower your arms.

For a Challenge: As you raise your arms, roll to the balls of your feet or to your tip toes.



SINGLE ARM CROSSOVER (SEATED)



1. Sit with your back straight and your feet shoulder-width apart.
2. Gently pull your right arm across your chest, keeping it below the chin. Ensure the arm remains straight and level.
3. Use your left hand to gently press on the upper part of the right arm, near the elbow, to deepen the stretch. Hold this position for several breaths, then release.
4. Repeat on the other side.



CHARLESTON / FLAPPER (SEATED)



1. Seated or standing, place your hands on your knees.
2. Bring your knees together, and cross your hands over to the opposite knees.
3. Separate your knees, keeping them on the opposite knee.
4. Bring your knees together again, crossing your hands back to the original knees, then separate your knees again, returning to starting position.
5. Continue in a dance-like rhythm.



HI / GOODBYE, NEIGHBOR! (STANDING)



1. Stand if you can, then turn and greet the person on either side of you.
2. This can be a handshake, a high five, a fist bump, a big hug, or even just a wave!

But no matter what you choose, make sure you and your neighbor are on the same page.



Review questions and correct responses with your Bingocizers!



Continue to play Bingo until there's a **final winner!**

SEE YOU NEXT TIME!

Before you go, I will hand out your *Falls Prevention Take-Home Handout* for week 4.

AFTER TODAY'S SESSION

- ☐ Take attendance ☐ Collect all materials ☐ Clean up / rearrange space as needed



FACILITATOR GUIDE: FALLS PREVENTION, SESSION 8

BEFORE TODAY'S SESSION

- ☐ Prep your traditional Bingo materials (if applicable)
- ☐ Prep Bingocize® Curriculum Reinforcements
- ☐ Prep / rearrange your space (make sure your Bingocizers will have plenty of space to move!)
- ☐ **Get your Bingocize® T-Shirt on!**

MATERIALS NEEDED

- ☐ Weekly Class Attendance Form
- ☐ Resistance Bands + Therapy Balls
- ☐ Traditional Bingo Set (if applicable)
- ☐ Bingocize® Curriculum Reinforcements
- ☐ Bingocize® Boards + Markers (if applicable)
- ☐ Bingocizer Devices (if applicable)

WELCOME!

Note: Remember to reference the *Exercise Modifications Guide* for ideas to modify movements.

Today, we will continue learning more ways to modify our environment to help reduce falls. A good way to improve safety of stairs is by adding colored tape. Here are a few tips to remember:

- Select a color that is contrasting to the color of the stairs.
- Place the tape at the top and edge of each stair.
- Gripping material can be used on hard floor steps.
- This is also a good time to make sure all the steps are even and there are no loose board/carpet!
- Don't forget to do this for outdoor steps, too!

Reminder: During the exercise portion of the program, it is important to push yourself, but make sure to find a pace that makes you *feel good*. Stay between 5-6 on the 1-10 scale.

Source: National Council on Aging, National Institute on Aging, 2018



Let's start off with three rolls!



TRUE OR FALSE: PLACING LIGHT SWITCHES AT EVERY DOORWAY CAN DECREASE THE RISK OF FALLS.

- a. True
- b. False

Explanation: Placing light switches at every doorway helps you to avoid walking long distances in a dimly lit or dark room and can decrease the risk of falls. If possible, consider trading traditional switches for glow-in-the-dark or illuminated switches, or adding reflective tape or stickers to your light switches.



MORNING WALK (STANDING)



1. Stand and walk in place, quicker than your typical speed.
2. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees.

For a Challenge: Try pumping your arms back and forth.



GOOD MORNING (SEATED)



1. Sit with your feet wider than shoulder-width apart. Keeping your back and neck straight and tall, slowly bend forward at the hips until your torso is parallel to the floor.
2. Keeping your back straight and tall, slowly bend back up until you are in starting position.



HEEL RAISES (STANDING)



1. Stand behind a chair for support with your feet hip-width apart and your knees straight.
2. Raise your heels off the floor.
3. Slowly lower your heels back down.

Seated Option: Your knees will be bent, but otherwise, instructions are the same!

For a Challenge: Raise your arms in front of you, move your feet close together, close your eyes.



CRUNCHES (SEATED)



1. While seated, slowly lift your right knee while simultaneously curling your upper body forward.
2. Hold for one second, then return to starting position.
3. Repeat with the left knee.



x 3



THESE IMPORTANT ITEMS SHOULD BE NEAR YOUR BED AND WITHIN EASY REACH IN CASE YOU HAVE TO GET UP DURING THE NIGHT.

- a. Sleeping pills
- b. Snickers bar
- c. Lights
- d. None of the above

Explanation: Make sure you have a light near the bed within easy reach. If you have to get up in the night, you're just a click away from better visibility!



THREE DOT STEP (STANDING)



1. Stand with your feet together and your arms down at your sides. Making sure your left foot never leaves the ground, step forward about 2 - 3 feet with your right foot.
2. As you do this, reach your right arm forward. Then step back, returning feet and arms to starting position.
3. Now take the right foot and step out to your right side about 2 - 3 feet while reaching your arm in the same direction. Then step back, returning feet and arms to the starting position.
4. Now step your right foot backwards about 2 - 3 feet, bending your left knee while keeping your right leg straight, while allowing the arm to open backwards into a horizontal reach.
5. Return to the starting position. Then repeat steps, using your left foot and arm.

Seated Option: Follow instructions while seated. Instead of stepping forward with your foot, lift that foot (to the best of your ability) in the direction as instructed.

For a Challenge: Instead of sliding or stepping your feet, jump your feet apart and back together!



SIT TO STAND



1. Sitting tall, extend your legs until fully standing, moving only the hip, knee, and ankle joints.
2. Pause and then return to sitting position.
3. Keep shoulders down and knees from bending past your toes throughout the exercise.

Seated Option: Push up with hands on the seat or arms of a wheelchair, or modify as possible using a cane / walker. Either way, make sure you remember your posture!

For a Challenge: Cross your arms over your chest or hold a weight between your hands.

38

IT IS IMPORTANT TO HAVE YOUR _____ AT A HEIGHT THAT IS EASY FOR YOU TO GET IN AND OUT OF.

- a. Sofas and chairs
- b. Kitchen table
- c. Cabinets
- d. Snack drawer

Explanation: Standing up from sitting positions can be difficult if sofas and chairs are not at the right height. It is much easier to fall when standing up from a sofa or chair that is too high or too low.



x 3



LATERAL RAISES (SEATED)



1. While seated, place the resistance band beneath both feet.
2. Sit tall with the top of the head high.
3. With hands gripping handles, slowly raise one arm to the side until parallel with the floor.
4. Hold for a few seconds, then slowly release to starting position. Repeat with the other arm.

For a Challenge: Try doing both arms at the same time!



LOW ROW (SEATED)



1. Sit with a resistance band centered under your feet, and hold onto the handles of the band. As you do this exercise, imagine there is a tennis ball between your shoulder blades and you are trying to hold it there using only your back muscles.
2. As you bend your elbows and draw your hands straight back towards your armpits, keep your elbows in tight near your sides, and picture squeezing the imaginary tennis ball with your back.
3. Once the resistance band handles reach the side of the body, slowly release the band back to the starting position.

39

HENRY HAS NOTICED THAT HE IS TRIPPING ON THE THRESHOLDS, SUCH AS THOSE IN HIS DOORWAYS. WHICH OF THE FOLLOWING SHOULD HENRY DO TO LIMIT THE CHANCE HE COULD TRIP?

- a. There is nothing Henry can do to avoid these thresholds.
- b. Henry should avoid walking through these doorways when possible.
- c. Henry should move into another home.
- d. Henry should have these doorways marked with brightly colored tape or stickers.

Explanation: While it is possible that Henry could move or avoid going through the doorways, it is not practical. Marking uneven thresholds will remind him to be more careful when walking through them.



MORNING WALK (STANDING)



1. Stand and walk in place, quicker than your typical speed.
2. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees.

For a Challenge: Try pumping your arms back and forth.



SIDE STEPS (SEATED)



1. Begin seated, feet together, with hands on your thighs.
2. Raise your right foot off the ground and step as far to the right as you can without leaving your chair.
3. Bring your feet back together.
4. Repeat with the left foot out as far as you can, then come back together.



THUMB TO FINGERS



1. Start with your hand in a neutral, relaxed position with all fingers straight out.
2. Bend your thumb across your palm, touching the tip of your thumb to the bottom of your small finger. If you can't make your thumb touch, just stretch as far as you can.
3. Return your thumb to the starting position.
4. Repeat multiple times with each hand.

For a Challenge: Mirror your thumb movement with your feet, tapping them in and back out.



C-GRIP



1. Hold your hand and fingers straight and close together, then gently curve your fingers into a "C" shape (imagine your hand is wrapped around a can).
2. Moving slowly, return your hand to the starting position. Repeat multiple times on each hand.



NEIL IS HAVING MORE TROUBLE GETTING ON AND OFF HIS TOILET BECAUSE IT IS MUCH TOO LOW FOR HIS HEIGHT. IS THERE ANYTHING HE CAN DO TO THE TOILET TO REDUCE HIS CHANCE OF FALLING WHEN USING IT?

- a. Avoid using the toilet.
- b. Install grab bars on the walls next to the toilet.
- c. Install a toilet riser to make it higher.
- d. B and C

Explanation: There are a few modifications that can be made to your toilet / toilet area to reduce your chance of falls when using it. Grab bars on the walls can assist your balance when sitting down or standing up. A toilet riser is a product that makes the seat of your toilet higher, making it easier to get up and down.





SIDE FLEXION (SEATED)



1. Seated, bend at the waist to the left to bring your left elbow to the outside of your left hip.
2. Straighten, then repeat on the right.

For a Challenge: Straighten arm and reach down for the side of your knee or hold light weights.



SINGLE ARM CROSSOVER (SEATED)



1. Sit with your back straight and your feet shoulder-width apart.
2. Gently pull your right arm across your chest, keeping it below the chin. Ensure the arm remains straight and level.
3. Use your left hand to gently press on the upper part of the right arm, near the elbow, to deepen the stretch. Hold this position for several breaths, then release.
4. Repeat on the other side.



ROLLING DISCO / JOHN TRAVOLTA (SEATED)



1. Sit and sway from side-to-side as you rotate your forearms around one another, bringing arms high and low.
2. Do the "Staying Alive" dance move - using your right arm to point across your body to your left hip then up to the sky above your right shoulder.

For a Challenge: Combine with the foot movements from the Side Steps (Seated) exercise!



HI / GOODBYE, NEIGHBOR! (STANDING)



1. Stand if you can, then turn and greet the person on either side of you.
2. This can be a handshake, a high five, a fist bump, a big hug, or even just a wave!

But no matter what you choose, make sure you and your neighbor are on the same page.



Review questions and correct responses with your Bingocizers!



Continue to play Bingo until there's a final winner!

SEE YOU NEXT TIME!

Keep working on your *Take-Home Handout* and bring it back next week!

AFTER TODAY'S SESSION

- ☐ Take attendance ☐ Collect all materials ☐ Clean up / rearrange space as needed



FACILITATOR GUIDE: FALLS PREVENTION, SESSION 9

BEFORE TODAY'S SESSION

- ☐ Print the *Falls Take-Home Handout* (Week 5)
- ☐ Prep your traditional Bingo materials (if applicable)
- ☐ Prep Bingocize® Curriculum Reinforcements
- ☐ Prep / rearrange your space (make sure your Bingocizers will have plenty of space to move!)
- ☐ **Get your Bingocize® T-Shirt on!**

MATERIALS NEEDED

- ☐ *Falls Take-Home Handout* (Week 5)
- ☐ *Weekly Class Attendance Form*
- ☐ Resistance Bands + Therapy Balls
- ☐ Traditional Bingo Set (if applicable)
- ☐ Bingocize® Curriculum Reinforcements
- ☐ Bingocize® Boards + Markers (if applicable)
- ☐ Bingocizer Devices (if applicable)

WELCOME!

Note: Remember to reference the *Exercise Modifications Guide* for ideas to modify movements.

As you learned over the past few weeks, there are lots of ways you can modify your home to reduce falls risk. And this week, we will discuss even more ways to make your home safer. Today, we'll especially focus on one of the most common rooms for falls...the bathroom.

Reminder: While we exercise, remember to maintain correct posture, stop if you encounter pain, and ask for modifications when for exercises when you need them! Stay between that 5-6 on the 1-10 scale.

Source: National Council on Aging, National Institute on Aging, 2018



Let's start off with three rolls!

41

RAYMOND IS CONCERNED ABOUT SLIPPING IN THE SHOWER, ESPECIALLY WHEN HE'S TIRED. WHICH OF THE FOLLOWING CAN RAYMOND DO TO LIMIT HIS CHANCE FOR FALLS IN THE SHOWER?

- a. Use a shower seat
- b. Use a detachable shower head
- c. Use a non-slip shower mat
- d. All of the above

Explanation: Adding a shower seat, detachable shower head, and non-slip shower mat can make bathing easier and safer.



MORNING WALK (SEATED)



1. Sit on the edge of your chair and move legs in a walking motion, quicker than typical speed.
2. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees.

For a Challenge: Try pumping your arms back and forth.

SINGLE LEG HAMSTRING CURL (STANDING)



1. Stand behind your chair and hold onto the back for support. With your right foot flat on the ground, bend your left knee until your left foot touches your bottom (or comes as close as you can manage).
2. Slowly extend the left leg until you've returned to the starting position.
3. Repeat with your right foot.

Seated Option: Sit up tall on the edge of your chair. With one foot on the ground, bend at the knee with the other leg lifting your heel as high as you can. Repeat on the other side.

For a Challenge: Hover your hands over the edge of the chair and/or close your eyes.

STAGGERED STANCE (STANDING)



1. Stand with feet together, hands at sides. Step forward with your right foot. Hold for 10 sec.
2. Step back to feet together, and then step forward with your left foot.

For a Challenge: Instead of stepping, jump your feet out.

CRUNCHES (SEATED)



1. While seated, slowly lift your right knee while simultaneously curling your upper body forward.
2. Hold for one second, then return to starting position.
3. Repeat with the left knee.



ANITA IS WORRIED ABOUT SLIPPING AS SHE STEPS OUT OF HER SHOWER. WHAT CAN SHE DO TO PREVENT A FALL?

- a. Leave banana peels outside the shower
- ☒ b. Use a bath mat with a non-skid bottom
- c. Bend down to wipe up water that is on the floor before stepping out
- d. All of the above

Explanation: Bathmats with non-skid bottoms may prevent you from slipping on the wet floor as you step out of the shower and move around the bathroom. Bending over to wipe up the water after it is already on the floor could cause a fall. It is better to put a bathmat down before your shower.

GRAPEVINE (STANDING)



1. Stand with arms at your side and feet together. Using your right leg, step in front of and across your left foot, criss-crossing your legs.
2. Take a side-step to the left using your left foot, uncrossing your legs.
3. Now cross your right leg behind your left leg, criss-crossing your legs.
4. Then, take a side-step to the left using your left foot, uncrossing your legs.
5. Now repeat, criss-crossing your left leg in front of your right leg.

Seated Option: Twist your upper body in one direction (as far as is comfortable) while you copy the foot motions with your hands and arms, then repeat and twist to the other side.



SIT TO STAND



1. Sitting tall, extend your legs until fully standing, moving only the hip, knee, and ankle joints.
2. Pause and then return to sitting position.
3. Keep shoulders down and knees from bending past your toes throughout the exercise.

Seated Option: Push up with hands on the seat or arms of a wheelchair, or modify as possible using a cane / walker. Either way, make sure you remember your posture!

For a Challenge: Cross your arms over your chest or hold a weight between your hands.

43

THOMAS IS VISITING HIS DAUGHTER OUT OF TOWN. HE IS WORRIED ABOUT FALLING IN THE SHOWER AT HER HOUSE BECAUSE SHE DOES NOT HAVE GRAB BARS. WHAT IS ONE THING HE CAN BRING OR ASK HIS DAUGHTER TO PROVIDE, SO HE FEELS SAFER IN THE SHOWER?

- a. Bath bombs
- ☒ b. A non-slip shower mat
- c. Dandruff shampoo
- d. None of the above

Explanation: A non-slip mat that goes on the floor of your shower can greatly reduce the chance for falls. It is important to speak with your friends and family about ways they can help you feel safer, especially when you are outside of your normal routine and environment.



x 3



CHEST PRESS (STANDING)



1. Stand with the resistance band behind your upper back, holding the band handles. For more resistance, grab the resistance band itself.
2. Position your arms out to your side and parallel to the ground, with a slight bend.
3. Maintain that slight bend in your arms while you slowly bring your hands together.
4. Once your hands have come in contact, slowly return to the starting position.



ARM CURL (STANDING)



1. Stand and place the resistance band beneath both of your feet. Keep head high, and hold resistance band handles with your palms up.
2. While holding the upper arm still, curl your lower arms up. Only your forearms should move.
3. Curl as far as possible, then slowly lower your hands back to the starting position.

44

FURNITURE IN YOUR HOME'S WALKWAYS SHOULD:

- a. be left where it is.
- b. never be rearranged.
- ☒ c. be moved out of the way.
- d. be used as a walking aid.

Explanation: Furniture that is in your home's walkways could cause a fall. Creating walkways that are free of furniture limits the chance of tripping on furniture.



x 3



MORNING WALK (STANDING)



1. Stand and walk in place, quicker than your typical speed.
2. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees.

For a Challenge: Try pumping your arms back and forth.



HEEL RAISES (STANDING)



1. Stand behind a chair for support with your feet hip-width apart and your knees straight.
2. Raise your heels off the floor.
3. Slowly lower your heels back down.

Seated Option: Your knees will be bent, but otherwise, instructions are the same!

For a Challenge: Raise your arms in front of you, move your feet together, or close your eyes.



x 3



THUMB TO FINGERS



1. Start with your hand in a neutral, relaxed position with all fingers straight out.
2. Bend your thumb across your palm, touching the tip of your thumb to the bottom of your small finger. If you can't make your thumb touch, just stretch as far as you can.
3. Return your thumb to the starting position.
4. Repeat multiple times with each hand.

For a Challenge: Mirror your thumb movement with your feet, tapping them in and back out.



C-GRIP



1. Hold your hand and fingers straight and close together, then gently curve your fingers into a "C" shape (imagine your hand is wrapped around a can).
2. Moving slowly, return your hand to the starting position. Repeat multiple times on each hand.



TRUE OR FALSE: THE LOCAL FIRE DEPARTMENT CAN HELP YOU REDUCE YOUR CHANCE OF FALLS.

- a. True
- b. False

Explanation: Your local fire department can be part of your falls prevention team! They can help you perform home safety checks, such as looking for unsafe rugs and/or cords.



x 3



BALANCE EXERCISE (SEATED)



1. Sit with eyes closed for 20 seconds.
2. With eyes still closed, turn head from side-to-side.
3. Keep eyes closed, and move head up and down. Repeat steps one more time.



BALLET DANCER (SEATED)



1. Sit with feet hip-width apart. Breathe in and raise your arms.
2. Balance still and tall as you hold your breath for several counts.
3. As you breathe out, slowly lower your arms.

For a Challenge: As you raise your arms, roll to the balls of your feet or to your tip toes.



ROLLING DISCO / JOHN TRAVOLTA (SEATED)



1. Sit and sway from side-to-side as you rotate your forearms around one another, bringing arms high and low.
2. Do the "Staying Alive" dance move - using your right arm to point across your body to your left hip then up to the sky above your right shoulder.

For a Challenge: Combine with the foot movements from the Side Steps (Seated) exercise!



HI / GOODBYE, NEIGHBOR! (STANDING)



1. Stand if you can, then turn and greet the person on either side of you.
2. This can be a handshake, a high five, a fist bump, a big hug, or even just a wave!

But no matter what you choose, make sure you and your neighbor are on the same page.



Review questions and correct responses with your Bingocizers!



Continue to play Bingo until there's a final winner!

SEE YOU NEXT TIME!

Before you go, I will hand out your *Falls Prevention Take-Home Handout* for week 5.

AFTER TODAY'S SESSION

- ☐ Take attendance ☐ Collect all materials ☐ Clean up / rearrange space as needed



FACILITATOR GUIDE: FALLS PREVENTION, SESSION 10

BEFORE TODAY'S SESSION

- ☐ Prep your traditional Bingo materials (if applicable)
- ☐ Prep Bingocize® Curriculum Reinforcements
- ☐ Prep / rearrange your space (make sure your Bingocizers will have plenty of space to move!)
- ☐ **Get your Bingocize® T-Shirt on!**

MATERIALS NEEDED

- ☐ Weekly Class Attendance Form
- ☐ Resistance Bands + Therapy Balls
- ☐ Traditional Bingo Set (if applicable)
- ☐ Bingocize® Curriculum Reinforcements
- ☐ Bingocize® Boards + Markers (if applicable)
- ☐ Bingocizer Devices (if applicable)

WELCOME!

Note: Remember to reference the *Exercise Modifications Guide* for ideas to modify movements.

This is our final week to discuss ways to change your environment to be safer and reduce your chance of falling. This session, we'll add more ways to modify and prepare your home to reduce falls, but we will also discuss ways to be more aware of hazards you will encounter when out in your community. For example: watch out for sidewalk curbs!

Reminder: While we exercise, aim for that 5-6 on the 1-10 scale. And make sure you *feel good* and have fun!

Source: National Council on Aging, National Institute on Aging, 2018



Let's start off with three rolls!

46

WHICH OF THE FOLLOWING ARE FALL HAZARDS TO WATCH FOR WHEN WALKING OUTSIDE ON A SIDEWALK?

- a. Even pavement
- ☒ b. The curb
- c. Good lighting
- d. Banana peels on the street

Explanation: Curbs are huge fall risks because it is easy to trip when stepping on or off them. It is important to step slowly and carefully when walking in places where there are curbs.

MORNING WALK (SEATED)



1. Sit on the edge of your chair and move legs in a walking motion, quicker than typical speed.
2. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees.

For a Challenge: Try pumping your arms back and forth.



SINGLE LEG HAMSTRING CURL (STANDING)



1. Stand behind your chair and hold onto the back for support. With your right foot flat on the ground, bend your left knee until your left foot touches your bottom (or comes as close as you can manage).
2. Slowly extend the left leg until you've returned to the starting position.
3. Repeat with your right foot.

Seated Option: Sit up tall on the edge of your chair. With one foot on the ground, bend at the knee with the other leg lifting your heel as high as you can. Repeat on the other side.

For a Challenge: Hover your hands over the edge of the chair and/or close your eyes.

STAGGERED STANCE (STANDING)



1. Stand with feet together, hands at sides. Step forward with your right foot. Hold for 10 sec.
2. Step back to feet together, and then step forward with your left foot.

For a Challenge: Instead of stepping, jump your feet out.

CRUNCHES (SEATED)



1. While seated, slowly lift your right knee while simultaneously curling your upper body forward.
2. Hold for one second, then return to starting position.
3. Repeat with the left knee.



x 3

47 WHY ARE LED LIGHT BULBS THE BEST BULBS TO HAVE IN YOUR HOME TO HELP WITH FALLS PREVENTION?

- a. The lights have prettier colors.
- b. They are less bright.
- c. They do not have to be changed as often as normal bulbs.
- d. They have to be changed more often than normal bulbs.

Explanation: Changing light bulbs can be dangerous and LED bulbs do not have to be changed as often.

GRAPEVINE (STANDING)



1. Stand with arms at your side and feet together. Using your right leg, step in front of and across your left foot, criss-crossing your legs.
2. Take a side-step to the left using your left foot, uncrossing your legs.
3. Now cross your right leg behind your left leg, criss-crossing your legs.
4. Then, take a side-step to the left using your left foot, uncrossing your legs.
5. Now repeat, criss-crossing your left leg in front of your right leg.

Seated Option: Twist your upper body in one direction (as far as is comfortable) while you copy the foot motions with your hands and arms, then repeat and twist to the other side.



SIT TO STAND



1. Sitting tall, extend your legs until fully standing, moving only the hip, knee, and ankle joints.
2. Pause and then return to sitting position.
3. Keep shoulders down and knees from bending past your toes throughout the exercise.

Seated Option: Push up with hands on the seat or arms of a wheelchair, or modify as possible using a cane / walker. Either way, make sure you remember your posture!

For a Challenge: Cross your arms over your chest or hold a weight between your hands.



TRUE OR FALSE: HAVING PHONES PLACED IN DIFFERENT AREAS AROUND THE HOUSE CAN REDUCE YOUR CHANCE FOR FALLS.

- a. True
- b. False

Explanation: Having phones in different places around the home reduces the distance you have to walk to answer or use the phone. You can also keep phones in places that have higher fall risks such as the bathroom and next to your bed. Carrying a cell phone with you is another good option.



x 3



CHEST PRESS (STANDING)



1. Stand with the resistance band behind your upper back, holding the band handles. For more resistance, grab the resistance band itself.
2. Position your arms out to your side and parallel to the ground, with a slight bend.
3. Maintain that slight bend in your arms while you slowly bring your hands together.
4. Once your hands have come in contact, slowly return to the starting position.



ARM CURL (STANDING)



1. Stand and place the resistance band beneath both of your feet. Keep head high, and hold resistance band handles with your palms up.
2. While holding the upper arm still, curl your lower arms up. Only your forearms should move.
3. Curl as far as possible, then slowly lower your hands back to the starting position.



TRUE OR FALSE: LAMPS THAT TURN ON AND OFF WITH ONLY A TOUCH ARE HELPFUL FOR THOSE WITH ARTHRITIS AND LOSS OF FINGER FLEXIBILITY AND STRENGTH.

- a. True
- b. False

Explanation: Lamps that turn on and off by simply touching are helpful. There are devices that allow you to use your voice to turn lights on and off, such as Alexa and Google Assistant.



x 3



MORNING WALK (STANDING)



1. Stand and walk in place, quicker than your typical speed.
2. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees.

For a Challenge: Try pumping your arms back and forth.



HEEL RAISES (STANDING)



1. Stand behind a chair for support with your feet hip-width apart and your knees straight.
2. Raise your heels off the floor.
3. Slowly lower your heels back down.

Seated Option: Your knees will be bent, but otherwise, instructions are the same!

For a Challenge: Raise your arms in front of you, move your feet together, or close your eyes.



x 3



THUMB TO FINGERS



1. Start with your hand in a neutral, relaxed position with all fingers straight out.
2. Bend your thumb across your palm, touching the tip of your thumb to the bottom of your small finger. If you can't make your thumb touch, just stretch as far as you can.
3. Return your thumb to the starting position.
4. Repeat multiple times with each hand.

For a Challenge: Mirror your thumb movement with your feet, tapping them in and back out.



C-GRIP



1. Hold your hand and fingers straight and close together, then gently curve your fingers into a "C" shape (imagine your hand is wrapped around a can).
2. Moving slowly, return your hand to the starting position. Repeat multiple times on each hand.



IN CASE OF A POWER OUTAGE, IT IS IMPORTANT TO STORE THESE IN EASY-TO-FIND PLACES.

- a. Snickers bars
- b. Cooking utensils
- c. Flashlights
- d. None of the above

Explanation: It is important to keep sources of light, like flashlights and battery-operated touch lights, available in case of a power outage.



BALANCE EXERCISE (SEATED)



1. Sit with eyes closed for 20 seconds.
2. With eyes still closed, turn head from side-to-side.
3. Keep eyes closed, and move head up and down. Repeat steps one more time.



BALLET DANCER (SEATED)



1. Sit with feet hip-width apart. Breathe in and raise your arms.
2. Balance still and tall as you hold your breath for several counts.
3. As you breathe out, slowly lower your arms.

For a Challenge: As you raise your arms, roll to the balls of your feet or to your tip toes.



ROLLING DISCO / JOHN TRAVOLTA (SEATED)



1. Sit and sway from side-to-side as you rotate your forearms around one another, bringing arms high and low.
2. Do the "Staying Alive" dance move - using your right arm to point across your body to your left hip then up to the sky above your right shoulder.

For a Challenge: Combine with the foot movements from the Side Steps (Seated) exercise!



HI / GOODBYE, NEIGHBOR! (STANDING)



1. Stand if you can, then turn and greet the person on either side of you.
2. This can be a handshake, a high five, a fist bump, a big hug, or even just a wave!

But no matter what you choose, make sure you and your neighbor are on the same page.



Review questions and correct responses with your Bingocizers!



Continue to play Bingo until there's a **final winner!**

SEE YOU NEXT TIME!

Keep working on your *Take-Home Handout* and bring it back next week!

AFTER TODAY'S SESSION

- ☐ Take attendance ☐ Collect all materials ☐ Clean up / rearrange space as needed



FACILITATOR GUIDE: FALLS PREVENTION, SESSION 11

BEFORE TODAY'S SESSION

- ☐ Print the *Falls Take-Home Handout* (Week 6)
- ☐ Prep your traditional Bingo materials (if applicable)
- ☐ Prep Bingocize® Curriculum Reinforcements
- ☐ Prep / rearrange your space (make sure your Bingocizers will have plenty of space to move!)
- ☐ **Get your Bingocize® T-Shirt on!**

MATERIALS NEEDED

- ☐ *Falls Take-Home Handout* (Week 6)
- ☐ *Weekly Class Attendance Form*
- ☐ Resistance Bands + Therapy Balls
- ☐ Traditional Bingo Set (if applicable)
- ☐ Bingocize® Curriculum Reinforcements
- ☐ Bingocize® Boards + Markers (if applicable)
- ☐ Bingocizer Devices (if applicable)

WELCOME!

Note: Remember to reference the *Exercise Modifications Guide* for ideas to modify movements.

Staying physically active as we grow older is very important. For the next few sessions, we will be discussing the multiple benefits of increasing physical activity, including some you may not have thought about.

While we do lose muscle as we age, exercise can partially restore strength and flexibility. It's never too late to start an exercise program. Even if you've been a "couch potato" your whole life, becoming active now will benefit you in many ways—including protection from falls.

We'll also discuss specific ways you can maintain an active lifestyle, while keeping your risks for falls low.

Reminder: Ask for modifications for exercises when you need them!

Source: National Council on Aging, National Institute on Aging, 2018



Let's start off with three rolls!



TRUE OR FALSE: PHYSICAL ACTIVITY AND EXERCISE ARE THE SAME THING.

- a. True
- ☒ b. False

Explanation: Physical activity is any movement of your body that requires use of your muscles and energy, like mowing your lawn. Exercise is physical activity that is structured and repetitive, with the goal of health improvement or maintenance, like participating in a group fitness class at a gym.



MORNING WALK (STANDING)



1. Stand and walk in place, quicker than your typical speed.
2. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees.

For a Challenge: Try pumping your arms back and forth.

SINGLE LEG HAMSTRING CURL (STANDING)



1. Stand behind your chair and hold onto the back for support. With your right foot flat on the ground, bend your left knee until your left foot touches your bottom (or comes as close as you can manage).
2. Slowly extend the left leg until you've returned to the starting position.
3. Repeat with your right foot.

Seated Option: Sit up tall on the edge of your chair. With one foot on the ground, bend at the knee with the other leg lifting your heel as high as you can. Repeat on the other side.

For a Challenge: Hover your hands over the edge of the chair and/or close your eyes.

STAGGERED STANCE (STANDING)



1. Stand with feet together, hands at sides. Step forward with your right foot. Hold for 10 sec.
2. Step back to feet together, and then step forward with your left foot.

For a Challenge: Instead of stepping, jump your feet out.

CRUNCHES (SEATED)



1. While seated, slowly lift your right knee while simultaneously curling your upper body forward.
2. Hold for one second, then return to starting position.
3. Repeat with the left knee.



x 3

52

TRUE OR FALSE: PHYSICAL ACTIVITY SHOULD HURT AND MAKE YOU FEEL REALLY TIRED, OR IT WON'T BE EFFECTIVE.

- a. True
- b. False

Explanation: You might feel some soreness and a little discomfort, but you should not feel pain.

GRAPEVINE (STANDING)



1. Stand with arms at your side and feet together. Using your right leg, step in front of and across your left foot, criss-crossing your legs.
2. Take a side-step to the left using your left foot, uncrossing your legs.
3. Now cross your right leg behind your left leg, criss-crossing your legs.
4. Then, take a side-step to the left using your left foot, uncrossing your legs.
5. Now repeat, criss-crossing your left leg in front of your right leg.

Seated Option: Twist your upper body in one direction (as far as is comfortable) while you copy the foot motions with your hands and arms, then repeat and twist to the other side.



SIT TO STAND

1. Sitting tall, extend your legs until fully standing, moving only the hip, knee, and ankle joints.
2. Pause and then return to sitting position.
3. Keep shoulders down and knees from bending past your toes throughout the exercise.



Seated Option: Push up with hands on the seat or arms of a wheelchair, or modify as possible using a cane / walker. Either way, make sure you remember your posture!

For a Challenge: Cross your arms over your chest or hold a weight between your hands.



TRUE OR FALSE: PHYSICAL ACTIVITY CAN'T IMPROVE DEPRESSION AND ANXIETY BECAUSE THESE ARE GENETIC CONDITIONS.

- a. True
b. ☒ False

Explanation: Studies have shown exercise consistently reduces depression and anxiety.



x 3



CHEST PRESS (STANDING)



1. Stand with the resistance band behind your upper back, holding the band handles. For more resistance, grab the resistance band itself.
2. Position your arms out to your side and parallel to the ground, with a slight bend.
3. Maintain that slight bend in your arms while you slowly bring your hands together.
4. Once your hands have come in contact, slowly return to the starting position.



ARM CURL (STANDING)



1. Stand and place the resistance band beneath both of your feet. Keep head high, and hold resistance band handles with your palms up.
2. While holding the upper arm still, curl your lower arms up. Only your forearms should move.
3. Curl as far as possible, then slowly lower your hands back to the starting position.



TRUE OR FALSE: BLOOD FLOW TO YOUR BRAIN DECREASES DURING PHYSICAL ACTIVITY BECAUSE MORE OXYGEN IS NEEDED BY YOUR MUSCLES.

- a. True
b. ☒ False

Explanation: Physical activity increases blood flow up to 100 times in your working muscles, but it can also cause moderate increases in blood flow to your brain, which can help improve brain functions.



x 3



MORNING WALK (STANDING)



1. Stand and walk in place, quicker than your typical speed.
2. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees.

For a Challenge: Try pumping your arms back and forth.



HEEL RAISES (STANDING)



1. Stand behind a chair for support with your feet hip-width apart and your knees straight.
2. Raise your heels off the floor.
3. Slowly lower your heels back down.

Seated Option: Your knees will be bent, but otherwise, instructions are the same!

For a Challenge: Raise your arms out in front of you (only if it's safe for you!), move your feet closer together, or close your eyes.



x 3



THUMB TO FINGERS



1. Start with your hand in a neutral, relaxed position with all fingers straight out.
2. Bend your thumb across your palm, touching the tip of your thumb to the bottom of your small finger. If you can't make your thumb touch, just stretch as far as you can.
3. Return your thumb to the starting position.
4. Repeat multiple times with each hand.

For a Challenge: Mirror your thumb movement with your feet, tapping them in and back out.



POWER GRIP



1. Using a hand therapy ball, squeeze ball with fingers and thumb.
2. Repeat multiple times with each hand.



TRUE OR FALSE: EXERCISE CAN DELAY NORMAL AGE-RELATED COGNITIVE DECLINE, ENHANCE MEMORY, AND IMPROVE MOOD.

- a. True
- b. False

Explanation: Exercise can delay *normal* age-related cognitive decline. However, Alzheimer's and other Dementias are clinical conditions. There is some evidence to show exercise *may* prevent these conditions.



x 3



BALANCE EXERCISE (SEATED)



1. Sit with eyes closed for 20 seconds.
2. With eyes still closed, turn head from side-to-side.
3. Keep eyes closed, and move head up and down. Repeat steps one more time.



BALLET DANCER (SEATED)



1. Sit with feet hip-width apart. Breathe in and raise your arms.
2. Balance still and tall as you hold your breath for several counts.
3. As you breathe out, slowly lower your arms.

For a Challenge: As you raise your arms, roll to the balls of your feet or to your tip toes.



ROLLING DISCO / JOHN TRAVOLTA (SEATED)



1. Sit and sway from side-to-side as you rotate your forearms around one another, bringing arms high and low.
2. Do the "Staying Alive" dance move - using your right arm to point across your body to your left hip then up to the sky above your right shoulder.

For a Challenge: Combine with the foot movements from the Side Steps (Seated) exercise!



HI / GOODBYE, NEIGHBOR! (STANDING)



1. Stand if you can, then turn and greet the person on either side of you.
2. This can be a handshake, a high five, a fist bump, a big hug, or even just a wave!

But no matter what you choose, make sure you and your neighbor are on the same page.



Review questions and correct responses with your Bingocizers!



Continue to play Bingo until there's a final winner!

SEE YOU NEXT TIME!

Before you go, I will hand out your *Falls Prevention Take-Home Handout* for week 6.

AFTER TODAY'S SESSION

- ☐ Take attendance ☐ Collect all materials ☐ Clean up / rearrange space as needed



FACILITATOR GUIDE: FALLS PREVENTION, SESSION 12

BEFORE TODAY'S SESSION

- ☐ Prep your traditional Bingo materials (if applicable)
- ☐ Prep Bingocize® Curriculum Reinforcements
- ☐ Prep / rearrange your space (make sure your Bingocizers will have plenty of space to move!)
- ☐ **Get your Bingocize® T-Shirt on!**

MATERIALS NEEDED

- ☐ *Weekly Class Attendance Form*
- ☐ Resistance Bands + Therapy Balls
- ☐ Traditional Bingo Set (if applicable)
- ☐ Bingocize® Curriculum Reinforcements
- ☐ Bingocize® Boards + Markers (if applicable)
- ☐ Bingocizer Devices (if applicable)

WELCOME!

Note: Remember to reference the *Exercise Modifications Guide* for ideas to modify movements.

Today we're going to continue looking at the positive impact of being physically active as we age, and we'll discuss how much activity you should be getting.

Specifically, we'll look at how physical activity improves the nervous system and how it can even increase brain size!

Reminder: When you exercise, it's OK to push yourself, but you don't want to feel pain. Make sure you use correct posture, and if you need to modify, that's perfectly fine!

Source: National Council on Aging, National Institute on Aging, 2018



Let's start off with three rolls!

56

TRUE OR FALSE: REGULAR PHYSICAL ACTIVITY CAN IMPROVE YOUR ABILITY TO MAKE AND CONTROL MOVEMENTS LIKE TURNING AROUND WHILE WALKING.

- a. True
- b. False

Explanation: Physical activity improves your nervous system allowing you to better control your movements. This can help reduce falls.



MORNING WALK (STANDING)



1. Stand and walk in place, quicker than your typical speed.
2. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees.

For a Challenge: Try pumping your arms back and forth.

SINGLE LEG HAMSTRING CURL (STANDING)



1. Stand behind your chair and hold onto the back for support. With your right foot flat on the ground, bend your left knee until your left foot touches your bottom (or comes as close as you can manage).
2. Slowly extend the left leg until you've returned to the starting position.
3. Repeat with your right foot.

Seated Option: Sit up tall on the edge of your chair. With one foot on the ground, bend at the knee with the other leg lifting your heel as high as you can. Repeat on the other side.

For a Challenge: Hover your hands over the edge of the chair and/or close your eyes.

STAGGERED STANCE (STANDING)



1. Stand with feet together, hands at sides. Step forward with your right foot. Hold for 10 sec.
2. Step back to feet together, and then step forward with your left foot.

For a Challenge: Instead of stepping, jump your feet out.

OBLIQUE CRUNCH (SEATED)



1. While seated, slowly lift your right knee while simultaneously curling your upper body forward.
2. Twist your torso so your left elbow touches your right (raised) knee.
3. Hold for one second, then return to the starting position.
4. Repeat with the left knee and right elbow.



x 3

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TRUE OR FALSE: MUSCLE STRENGTHENING OR RESISTANCE EXERCISE SHOULD ONLY BE DONE ONCE PER WEEK.

- a. True
- b. False

Explanation: Strengthening exercises should be done at least twice per week. You can use resistance bands like the ones we use for Bingocize®, but household items like food cans work, too!

GRAPEVINE (STANDING)



1. Stand with arms at your side and feet together. Using your right leg, step in front of and across your left foot, criss-crossing your legs.
2. Take a side-step to the left using your left foot, uncrossing your legs.
3. Now cross your right leg behind your left leg, criss-crossing your legs.
4. Then, take a side-step to the left using your left foot, uncrossing your legs.
5. Now repeat, criss-crossing your left leg in front of your right leg.

Seated Option: Twist your upper body in one direction (as far as is comfortable) while you copy the foot motions with your hands and arms, then repeat and twist to the other side.



SIT TO STAND



1. Sitting tall, extend your legs until fully standing, moving only the hip, knee, and ankle joints.
2. Pause and then return to sitting position.
3. Keep shoulders down and knees from bending past your toes throughout the exercise.

Seated Option: Push up with hands on the seat or arms of a wheelchair, or modify as possible using a cane / walker. Either way, make sure you remember your posture!

For a Challenge: Cross your arms over your chest or hold a weight between your hands.



TRUE OR FALSE: AS YOU GROW OLDER, YOUR BRAIN INCREASES IN SIZE BECAUSE YOU ARE LEARNING NEW THINGS.

- a. True
b. False

Explanation: Your brain shrinks as you get older. But with regular exercise, you can *increase* the size of your brain! This can improve your cognitive abilities including your short-term memory and attention.



x 3



CHEST PRESS (STANDING)



1. Stand with the resistance band behind your upper back, holding the band handles. For more resistance, grab the resistance band itself.
2. Position your arms out to your side and parallel to the ground, with a slight bend.
3. Maintain that slight bend in your arms while you slowly bring your hands together.
4. Once your hands have come in contact, slowly return to the starting position.



ARM CURL (STANDING)



1. Stand, and place the resistance band beneath both of your feet. Keep head high, and hold resistance band handles with your palms up.
2. While holding the upper arm still, curl your lower arms up. Only your forearms should move.
3. Curl as far as possible, then slowly lower your hands back to the starting position.



TRUE OR FALSE: BINGOCIZE® EXERCISES CAN HELP IMPROVE YOUR ABILITY TO REACH FOR ITEMS SUCH AS DISHES IN THE CABINET.

- a. True
b. False

Explanation: Bingocize® and/or other physical activity programs can improve flexibility and range of motion.



x 3



MORNING WALK (STANDING)



1. Stand and walk in place, quicker than your typical speed.
2. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees.

For a Challenge: Try pumping your arms back and forth.



HEEL RAISES (STANDING)



1. Stand behind a chair for support with your feet hip-width apart and your knees straight.
2. Raise your heels off the floor.
3. Slowly lower your heels back down.

Seated Option: Your knees will be bent, but otherwise, instructions are the same!

For a Challenge: Raise your arms in front of you, move your feet together, or close your eyes.



x 3



THUMB TO FINGERS



1. Start with your hand in a neutral, relaxed position with all fingers straight out.
2. Bend your thumb across your palm, touching the tip of your thumb to the bottom of your small finger. If you can't make your thumb touch, just stretch as far as you can.
3. Return your thumb to the starting position.
4. Repeat multiple times with each hand.

For a Challenge: Mirror your thumb movement with your feet, tapping them in and back out.



POWER GRIP



1. Using a hand therapy ball, squeeze ball with fingers and thumb.
2. Repeat multiple times with each hand.



HOW MANY MINUTES OF MODERATE INTENSITY PHYSICAL ACTIVITY SHOULD YOU GET EACH WEEK?

- a. 90 minutes
- b. 120 minutes
- ☒ c. 150 minutes
- d. None of the above

Explanation: You should spend at least 150 minutes per week engaged in moderate intensity exercise (where your breathing is increased, but you can still talk to your neighbor). For example, you could do 30 minutes per day, 5 days per week or do small amounts of physical activity throughout the day. Walking for just a minute or two counts towards the 150 minutes.



x 3



BALANCE EXERCISE (SEATED)



1. Sit with eyes closed for 20 seconds.
2. With eyes still closed, turn head from side-to-side.
3. Keep eyes closed, and move head up and down. Repeat steps one more time.



BALLET DANCER (SEATED)



1. Sit with feet hip-width apart. Breathe in and raise your arms.
2. Balance still and tall as you hold your breath for several counts.
3. As you breathe out, slowly lower your arms.

For a Challenge: As you raise your arms, roll to the balls of your feet or to your tip toes.



ROLLING DISCO / JOHN TRAVOLTA (SEATED)



1. Sit and sway from side-to-side as you rotate your forearms around one another, bringing arms high and low.
2. Do the "Staying Alive" dance move - using your right arm to point across your body to your left hip then up to the sky above your right shoulder.

For a Challenge: Combine with the foot movements from the Side Steps (Seated) exercise!



HI / GOODBYE, NEIGHBOR! (STANDING)



1. Stand if you can, then turn and greet the person on either side of you.
2. This can be a handshake, a high five, a fist bump, a big hug, or even just a wave!

But no matter what you choose, make sure you and your neighbor are on the same page.



Review questions and correct responses with your Bingocizers!



Continue to play Bingo until there's a **final winner!**

SEE YOU NEXT TIME!

Keep working on your *Take-Home Handout* and bring it back next week!

AFTER TODAY'S SESSION

- ☐ Take attendance ☐ Collect all materials ☐ Clean up / rearrange space as needed



FACILITATOR GUIDE: FALLS PREVENTION, SESSION 13

BEFORE TODAY'S SESSION

- ☐ Print the *Falls Take-Home Handout* (Week 7)
- ☐ Prep your traditional Bingo materials (if applicable)
- ☐ Prep Bingocize® Curriculum Reinforcements
- ☐ Prep / rearrange your space (make sure your Bingocizers will have plenty of space to move!)
- ☐ **Get your Bingocize® T-Shirt on!**

MATERIALS NEEDED

- ☐ *Falls Take-Home Handout* (Week 7)
- ☐ *Weekly Class Attendance Form*
- ☐ Resistance Bands + Therapy Balls
- ☐ Traditional Bingo Set (if applicable)
- ☐ Bingocize® Curriculum Reinforcements
- ☐ Bingocize® Boards + Markers (if applicable)
- ☐ Bingocizer Devices (if applicable)

WELCOME!

Note: Remember to reference the *Exercise Modifications Guide* for ideas to modify movements.

Let's discuss more lifestyle changes you can make to decrease your falls risk, including:



Drinking more water!



Eating more vitamin-packed foods.



Being social - whether it's with friends, family, or strangers in the community!



Paying attention to your footwear *and* how it fits.

Also, because you've been working very hard exercising, we are going to **reduce** the intensity this week to allow your body to recover. Active recovery and rest are important parts of any exercise program. And as always, remember to work at a pace that **feels good** to you!

Source: National Council on Aging, National Institute on Aging, 2018



Let's start off with three rolls!

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TRUE OR FALSE: WEARING SHOES WITH HIGH HEELS DOES NOT INCREASE FALLS RISK AS LONG AS THE HEELS ARE BACKLESS.

- a. True
b. False

Explanation: Footwear is a modifiable risk factor for falls. Ill-fitting footwear, such as elevated heels and backless styles, can impair balance and increase the risk of falling.



MORNING WALK (STANDING)



1. Stand and walk in place, quicker than your typical speed.
2. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees.

For a Challenge: Try pumping your arms back and forth.



STATIC BALANCE (STANDING)



1. Stand with eyes focused forward, and one leg elevated to about ankle level without touching the support leg. Hold for several seconds.
2. Repeat with the other leg.

For a Challenge: Stand with feet close together, lift leg higher, lift your arms, or close your eyes.



STAGGERED STANCE (STANDING)



1. Stand with feet together, hands at sides. Step forward with your right foot. Hold for 10 sec.
2. Step back to feet together, and then step forward with your left foot.

For a Challenge: Instead of stepping, jump your feet out.



OBLIQUE CRUNCH (SEATED)



1. While seated, slowly lift your right knee while simultaneously curling your upper body forward.
2. Twist your torso so your left elbow touches your right (raised) knee.
3. Hold for one second, then return to the starting position.
4. Repeat with the left knee and right elbow.



x 3



TRUE OR FALSE: WALKING IN JUST YOUR SOCKS IS A GOOD WAY TO PREVENT FALLS.

- a. True
- b. False

Explanation: Wearing fitted, sturdy shoes with nonskid soles is best and may even help reduce joint pain!



GRAPEVINE (STANDING)



1. Stand with arms at your side and feet together. Using your right leg, step in front of and across your left foot, criss-crossing your legs.
2. Take a side-step to the left using your left foot, uncrossing your legs.
3. Now cross your right leg behind your left leg, criss-crossing your legs.
4. Then, take a side-step to the left using your left foot, uncrossing your legs.
5. Now repeat, criss-crossing your left leg in front of your right leg.

Seated Option: Twist your upper body in one direction (as far as is comfortable) while you copy the foot motions with your hands and arms, then repeat and twist to the other side.



SWIMMING DANCE (STANDING)



1. Stand with your feet together and move your arms in a swimming motion.
2. Then plug your nose with one arm raised above your head and shimmy your body down into a crouch and then back up.

Seated Option: Do the same motions, but instead of shimming down, bend forward at the waist.

63 FOODS, LIKE MILK, SALMON, AND EGG YOLKS, CONTAIN AN IMPORTANT VITAMIN THAT MAY HELP REDUCE FALLS AND RESULT IN FEWER BROKEN BONES IN OLDER ADULTS. WHICH VITAMIN IS IT?

- a. Vitamin D
- b. Vitamin C
- c. Vitamin B12
- d. None of the above

Explanation: Vitamin D is important for strong bones. It may also be beneficial for fracture prevention due to its positive effects on muscle, balance, and cognitive functions.



CHEST PRESS (STANDING)



1. Stand with the resistance band behind your upper back, holding the band handles. For more resistance, grab the resistance band itself.
2. Position your arms out to your side and parallel to the ground, with a slight bend.
3. Maintain that slight bend in your arms while you slowly bring your hands together.
4. Once your hands have come in contact, slowly return to the starting position.



ARM CURL (STANDING)



1. Stand and place the resistance band beneath both of your feet. Keep head high, and hold resistance band handles with your palms up.
2. While holding the upper arm still, curl your lower arms up. Only your forearms should move.
3. Curl as far as possible, then slowly lower your hands back to the starting position.

64 TRUE OR FALSE: UNLESS YOUR HEALTH CARE PROVIDER HAS TOLD YOU TO LIMIT FLUIDS, YOU SHOULD INCREASE YOUR FLUID INTAKE BEFORE, DURING, AND AFTER PHYSICAL ACTIVITIES.

- a. True
- b. False

Explanation: Unless directed by your doctor, you should increase fluid intake before, during, and after physical activity. With age, you might lose some of your sense of thirst, so it's good to keep this in mind. Also, some medicines might make it even more important to have plenty of fluids.



MORNING WALK (STANDING)



1. Stand and walk in place, quicker than your typical speed.
2. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees.

For a Challenge: Try pumping your arms back and forth.



HEEL RAISES (STANDING)



1. Stand behind a chair for support with your feet hip-width apart and your knees straight.
2. Raise your heels off the floor.
3. Slowly lower your heels back down.

Seated Option: Your knees will be bent, but otherwise, instructions are the same!

For a Challenge: Raise your arms in front of you, move your feet together, or close your eyes.



x 3



THUMB TO FINGERS



1. Start with your hand in a neutral, relaxed position with all fingers straight out.
2. Bend your thumb across your palm, touching the tip of your thumb to the bottom of your small finger. If you can't make your thumb touch, just stretch as far as you can.
3. Return your thumb to the starting position.
4. Repeat multiple times with each hand.

For a Challenge: Mirror your thumb movement with your feet, tapping them in and back out.



POWER GRIP



1. Using a hand therapy ball, squeeze ball with fingers and thumb.
2. Repeat multiple times with each hand.



TRUE OR FALSE: LONELINESS INCREASES YOUR CHANCE OF FUTURE FALLS.

- a. True
- b. False

Explanation: Loneliness can increase your risk for future falls because it can negatively impact your physical and mental health and well-being. Stay involved in your community to decrease your loneliness.



x 3



BALANCE EXERCISE (SEATED)



1. Sit with eyes closed for 30 seconds.
2. With eyes still closed, turn head from side-to-side.
3. Keep eyes closed, and move head up and down.



BALLET DANCER (SEATED)



1. Sit with feet hip-width apart. Breathe in and raise your arms.
2. Balance still and tall as you hold your breath for several counts.
3. As you breathe out, slowly lower your arms.

For a Challenge: As you raise your arms, roll to the balls of your feet or to your tip toes.



ROLLING DISCO / JOHN TRAVOLTA (SEATED)



1. Sit and sway from side-to-side as you rotate your forearms around one another, bringing arms high and low.
2. Do the "Staying Alive" dance move - using your right arm to point across your body to your left hip then up to the sky above your right shoulder.

For a Challenge: Combine with the foot movements from the Side Steps (Seated) exercise!



HI / GOODBYE, NEIGHBOR! (STANDING)



1. Stand if you can, then turn and greet the person on either side of you.
2. This can be a handshake, a high five, a fist bump, a big hug, or even just a wave!

But no matter what you choose, make sure you and your neighbor are on the same page.



Review questions and correct responses with your Bingocizers!



Continue to play Bingo until there's a final winner!

SEE YOU NEXT TIME!

Before you go, I will hand out your *Falls Prevention Take-Home Handout* for week 7.

AFTER TODAY'S SESSION

- ☐ Take attendance ☐ Collect all materials ☐ Clean up / rearrange space as needed



FACILITATOR GUIDE: FALLS PREVENTION, SESSION 14

BEFORE TODAY'S SESSION

- ☐ Prep your traditional Bingo materials (if applicable)
- ☐ Prep Bingocize® Curriculum Reinforcements
- ☐ Prep / rearrange your space (make sure your Bingocizers will have plenty of space to move!)
- ☐ **Get your Bingocize® T-Shirt on!**

MATERIALS NEEDED

- ☐ *Weekly Class Attendance Form*
- ☐ Resistance Bands + Therapy Balls
- ☐ Traditional Bingo Set (if applicable)
- ☐ Bingocize® Curriculum Reinforcements
- ☐ Bingocize® Boards + Markers (if applicable)
- ☐ Bingocizer Devices (if applicable)

WELCOME!

Note: Remember to reference the *Exercise Modifications Guide* for ideas to modify movements.

Today, we'll review your knowledge about the role that proper footwear and vitamin D can play in falls risk reduction. We'll also talk about rethinking your views on where exercise should take place, how smoking and drinking can affect your risk of falling, and how proper hydration can affect your falls risk.

Reminder when exercising to aim for a 5-6 on the 1-10 effort scale... and to have fun!

Source: National Council on Aging, National Institute on Aging, 2018



Let's start off with three rolls!



WHICH OF THE FOLLOWING IS A MODIFIABLE RISK FACTOR FOR FALLS?

- a. Vitamin D deficiency
- b. Multiple Sclerosis
- c. Parkinson's Disease
- d. None of the above

Explanation: Making sure you get the right amount of Vitamin D in your diet can help reduce your risk of falls!



MORNING WALK (STANDING)

1. Stand and walk in place, quicker than your typical speed.
2. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees.



For a Challenge: Try pumping your arms back and forth.



STATIC BALANCE (STANDING)

1. Stand with eyes focused forward, and one leg elevated to about ankle level without touching the support leg. Hold for several seconds.
2. Repeat with the other leg.



For a Challenge: Stand with feet close together, lift leg higher, lift your arms, or close your eyes.



STAGGERED STANCE (STANDING)



1. Stand with feet together, hands at sides. Step forward with your right foot. Hold for 10 sec.
2. Step back to feet together, and then step forward with your left foot.

For a Challenge: Instead of stepping, jump your feet out.



OBLIQUE CRUNCH (SEATED)



1. While seated, slowly lift your right knee while simultaneously curling your upper body forward.
2. Twist your torso so your left elbow touches your right (raised) knee.
3. Hold for one second, then return to the starting position.
4. Repeat with the left knee and right elbow.



x 3



TRUE OR FALSE: EXERCISE IS NOT EFFECTIVE UNLESS I GO TO A GYM.

- a. True
- b. False

Explanation: There are plenty of exercises you can do outside of the gym! Ex. walking or bike riding



GRAPEVINE (STANDING)



1. Stand with arms at your side and feet together. Using your right leg, step in front of and across your left foot, criss-crossing your legs.
2. Take a side-step to the left using your left foot, uncrossing your legs.
3. Now cross your right leg behind your left leg, criss-crossing your legs.
4. Then, take a side-step to the left using your left foot, uncrossing your legs.
5. Now repeat, criss-crossing your left leg in front of your right leg.

Seated Option: Twist your upper body in one direction (as far as is comfortable) while you copy the foot motions with your hands and arms, then repeat and twist to the other side.



SWIMMING DANCE (STANDING)



1. Stand with your feet together and move your arms in a swimming motion.
2. Then plug your nose with one arm raised above your head and shimmy your body down into a crouch and then back up.

Seated Option: Do the same motions, but instead of shimmying down, bend forward at the waist.



TRUE OR FALSE: SMOKING AND DRINKING ALCOHOL HAVE NO EFFECT ON YOUR RISK FOR FALLS.

- a. True
- b. False

Explanation: Drinking even small amounts of alcohol affects balance and reflexes. Tobacco use decreases bone mass and increases chance of fractures as result of falls.



x 3



CHEST PRESS (STANDING)



1. Stand with the resistance band behind your upper back, holding the band handles. For more resistance, grab the resistance band itself.
2. Position your arms out to your side and parallel to the ground, with a slight bend.
3. Maintain that slight bend in your arms while you slowly bring your hands together.
4. Once your hands have come in contact, slowly return to the starting position.



ARM CURL (STANDING)



1. Stand and place the resistance band beneath both of your feet. Keep head high, and hold resistance band handles with your palms up.
2. While holding the upper arm still, curl your lower arms up. Only your forearms should move.
3. Curl as far as possible, then slowly lower your hands back to the starting position.



TRUE OR FALSE: DEHYDRATION CAN DECREASE YOUR RISK OF FALLS.

- a. True
- b. False

Explanation: Dehydration can lead to drowsiness and/or dizziness, which increases your falls risk.



x 3



THE TWIST (STANDING)



Play the song, "The Twist"!

1. Stand with feet shoulder-width apart and equal weight on both feet. Move one foot slightly (less than a step's length) forward and bend your arms at the elbow.
2. Twist your hips from side-to-side, shifting your weight on the balls of your feet. At the same time, move your arms in the opposite direction of your hips to help keep your balance.
3. Alternate from placing your weight over your front foot as you twist, then shifting your weight to your back foot.

Seated Option: Do as many of the movements as you can, but while sitting.



HEEL RAISES (STANDING)



1. Stand behind a chair for support with your feet hip-width apart and your knees straight.
2. Raise your heels off the floor.
3. Slowly lower your heels back down.

Seated Option: Your knees will be bent, but otherwise, instructions are the same!



x 3



THUMB TO FINGERS



1. Start with your hand in a neutral, relaxed position with all fingers straight out.
2. Bend your thumb across your palm, touching the tip of your thumb to the bottom of your small finger. If you can't make your thumb touch, just stretch as far as you can.
3. Return your thumb to the starting position. Repeat multiple times with each hand.



TABLE ROLL



1. Put your fingertips on the therapy ball, and roll the ball on the table top.
2. Repeat multiple times on each hand.



WHICH OF THESE ARE FOOTWEAR THAT COULD INCREASE THE RISK FOR FALLS?

- a. Flimsy slippers or flip-flops
- b. Open heeled shoes
- c. Shoes that are too large
- d. All of the above

Explanation: It is important that shoes: fit, are slip-resistant, and offer stability - in *and* out of the house.



x 3



BALANCE EXERCISE (SEATED)



1. Sit with eyes closed for 30 seconds.
2. With eyes still closed, turn head from side-to-side.
3. Keep eyes closed, and move head up and down.



BALLET DANCER (SEATED)



1. Sit with feet hip-width apart. Breathe in and raise your arms.
2. Balance still and tall as you hold your breath for several counts.
3. As you breathe out, slowly lower your arms.



ROLLING DISCO / JOHN TRAVOLTA (SEATED)



1. Sit and sway from side-to-side as you rotate your forearms around one another, bringing arms high and low.
2. Do the "Staying Alive" dance move - using your right arm to point across your body to your left hip then up to the sky above your right shoulder.

For a Challenge: Combine with the foot movements from the Side Steps (Seated) exercise!



HI / GOODBYE, NEIGHBOR! (STANDING)



1. Stand if you can, then turn and greet the person on either side of you.
2. This can be a handshake, a high five, a fist bump, a big hug, or even just a wave!



Review questions and correct responses with your Bingocizers!



Continue to play Bingo until there's a final winner!

SEE YOU NEXT TIME!

Keep working on your *Take-Home Handout* and bring it back next week!

AFTER TODAY'S SESSION

- ☐ Take attendance ☐ Collect all materials ☐ Clean up / rearrange space as needed



FACILITATOR GUIDE: FALLS PREVENTION, SESSION 15

BEFORE TODAY'S SESSION

- ☐ Print the *Falls Take-Home Handout* (Week 8)
- ☐ Prep your traditional Bingo materials (if applicable)
- ☐ Prep Bingocize® Curriculum Reinforcements
- ☐ Prep / rearrange your space (make sure your Bingocizers will have plenty of space to move!)
- ☐ **Get your Bingocize® T-Shirt on!**

MATERIALS NEEDED

- ☐ *Falls Take-Home Handout* (Week 8)
- ☐ *Weekly Class Attendance Form*
- ☐ Resistance Bands + Therapy Balls
- ☐ Traditional Bingo Set (if applicable)
- ☐ Bingocize® Curriculum Reinforcements
- ☐ Bingocize® Boards + Markers (if applicable)
- ☐ Bingocizer Devices (if applicable)

WELCOME!

Note: Remember to reference the *Exercise Modifications Guide* for ideas to modify movements.

Welcome to week 8! You are likely starting to see and feel the benefits of the exercise portion of the program. Do you feel stronger? Do you have more energy? Do you feel more confident you won't fall? We also hope you have made some changes to your environment to help reduce your falls risk. Did you clean up clutter around your house? Did you speak to your provider about your falls risk?

Pay attention to how you feel over the final weeks of Bingocize® and make sure to put some of the *Falls Prevention* information into practice.

Reminder to challenge yourself during the exercise portion but stay between 5-6 on the 1-10 scale.



Let's start off with three rolls!

71

PHYSICAL ACTIVITY CAN HELP PREVENT FALLS BY INCREASING MUSCLE STRENGTH AND:

- a. making you sore.
- b. allowing you to get better sleep.
- c. making you hungry.
- d. None of the above

Explanation: While physical activity does increase your strength and mobility, physical activity also improves the quality of sleep that you get and decreases the number of times you will wake up after falling asleep. Getting good sleep also reduces other problems that may contribute to falls.



GRAPEVINE (STANDING)



1. Stand with arms at your side and feet together. Using your right leg, step in front of and across your left foot, criss-crossing your legs.
2. Take a side-step to the left using your left foot, uncrossing your legs.
3. Now cross your right leg behind your left leg, criss-crossing your legs.
4. Then, take a side-step to the left using your left foot, uncrossing your legs.
5. Now repeat, criss-crossing your left leg in front of your right leg.

Seated Option: Twist your upper body in one direction (as far as is comfortable) while you copy the foot motions with your hands and arms, then repeat and twist to the other side.



HEEL RAISES (STANDING)



1. Stand behind a chair for support with your feet hip-width apart and your knees straight.
2. Raise your heels off the floor.
3. Slowly lower your heels back down.

Seated Option: Your knees will be bent, but otherwise, instructions are the same!

For a Challenge: Raise your arms in front of you, move your feet together, or close your eyes.



CALF STRETCH (STANDING)



1. Standing, place both hands on the back of the chair and keep your back leg straight.
2. Lean into the chair with your heels on the floor.

If you're able to let go of the chair, straighten one leg and flex your toes up towards your body. Repeat on the other leg.

Seated Option: Raise both legs out in front of you, keeping them as straight as comfort allows. Flex your feet back towards you, then away from you. Lower feet back to the starting position.

For a Challenge: Lean towards your flexed toes.



TOP SHELF REACH (STANDING)



1. Stand, back straight, feet hip-width apart on the floor. Keep your left arm down at your side.
2. As you breathe in, sweep the right arm out to the side and up overhead. Breathe out as you continue the motion, moving through full range and finally into a side bend.
3. Pause, breathe in, and return back to the starting position.
4. Repeat on the opposite side.



x 3



TRUE OR FALSE: HAVING TROUBLE STEPPING ONTO A CURB, OR FREQUENTLY TRIPPING OVER CURBS, ARE SIGNS OF WEAK LEG MUSCLES.

- a. True
- b. False

Explanation: Weak leg muscles are a major risk factor for falling. Talk to your health care provider if you have trouble stepping onto curbs. It is possible to increase your leg strength by exercising at any age.



SKIER (STANDING)



1. While standing, sidestep with your right foot and bring the left foot behind the right leg.
2. Repeat this movement on the other side.
3. Let the arms swing naturally side-to-side in the movement of the stepped direction.

For a Challenge: Tap the foot crossing behind the leg further back and exaggerate your motions.



SIT TO STAND



1. Sitting tall, extend your legs until fully standing, moving only the hip, knee, and ankle joints.
2. Pause and then return to sitting position.
3. Keep shoulders down and knees from bending past your toes throughout the exercise.

Seated Option: Push up with hands on the seat or arms of a wheelchair, or modify as possible using a cane / walker. Either way, make sure you remember your posture!

For a Challenge: Cross your arms over your chest or hold a weight between your hands.



TRUE OR FALSE: AFTER AGE 65, YOU ONLY LOSE STRENGTH AND CANNOT GAIN MUSCLE.

- a. True
b. ☒ False

Explanation: It is possible to gain muscle and increase your strength at any age. This can be done through exercise and resistance training, such as doing movements with a resistance band or weights.



OPEN AND CLOSE THE WINDOWS (STANDING)



1. Stand and straighten arms in front of you. Pretend you are grasping the handles of a window, and keeping elbows straight, glide hands apart, like you are opening the window.
2. Keeping elbows extended, slide hands back to center, closing the windows.

For a Challenge: Hold onto a resistance band or light weights during this exercise.



ARM CURL (STANDING)



1. Stand and place the resistance band beneath both of your feet. Keep head high, and hold resistance band handles with your palms up.
2. While holding the upper arm still, curl your lower arms up. Only your forearms should move.
3. Curl as far as possible, then slowly lower your hands back to the starting position.



TRUE OR FALSE: IT IS BEST TO AVOID BATHROOM TRIPS IN THE MIDDLE OF EXERCISING.

- a. True
b. ☒ False

Explanation: You may want to skip water in order to avoid bathroom trips during a workout, but this causes dehydration, meaning dizziness and falls. It's important to drink lots of water before, during, and after exercise.



MORNING WALK (STANDING)



1. Stand and walk in place, quicker than your typical speed.
2. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees.

For a Challenge: Try pumping your arms back and forth.



SIDE STEPS (STANDING)



1. Begin standing, feet together, with arms at your sides.
2. Take a step to the right and raise your right shoulder, ensure both feet are facing forward.
3. Bring your feet back together, and relax shoulder.
4. Repeat with the left foot and shoulder, then come back together.



x 3



THUMB TO FINGERS



1. Start with your hand in a neutral, relaxed position with all fingers straight out.
2. Bend your thumb across your palm, touching the tip of your thumb to the bottom of your small finger. If you can't make your thumb touch, just stretch as far as you can.
3. Return your thumb to the starting position.
4. Repeat multiple times with each hand.

For a Challenge: Mirror your thumb movement with your feet, tapping them in and back out.



POWER GRIP



1. Using a hand therapy ball, squeeze ball with fingers and thumb.
2. Repeat multiple times with each hand.



TRUE OR FALSE: IF I LIMIT MY ACTIVITIES AND STAY HOME MORE OFTEN, I WON'T FALL.

a. True

b. False

Explanation: Performing physical activity is very important for maintaining independence and muscle strength, which can prevent falls. It is also good for your overall health to remain active and participate in social activities outside the home when possible.



x 3



TRUNK ROTATION (STANDING)



1. Stand with your feet shoulder-width apart on the floor.
2. Squeeze your shoulder blades slightly together while you reach your arms out to the sides, as if making a "T."
3. Twist your upper body to the right and pulse, going gently further into spinal rotation **three** times. Exhale with each twist. Inhale and return to center, then repeat on the other side.

For a Challenge: Swing your arms and bend your torso to reach for your knee / ankle!



BALLET DANCER (SEATED)



1. Sit with feet hip-width apart. Breathe in and raise your arms.
2. Balance still and tall as you hold your breath for several counts.
3. As you breathe out, slowly lower your arms.

For a Challenge: As you raise your arms, roll to the balls of your feet or to your tip toes.



CRUNCHES (SEATED)



1. While seated, slowly lift your right knee while simultaneously curling your upper body forward.
2. Hold for one second, then return to starting position.
3. Repeat with the left knee.



HI / GOODBYE, NEIGHBOR! (STANDING)



1. Stand if you can, then turn and greet the person on either side of you.
2. This can be a handshake, a high five, a fist bump, a big hug, or even just a wave!

But no matter what you choose, make sure you and your neighbor are on the same page.



Review questions and correct responses with your Bingocizers!



Continue to play Bingo until there's a **final winner!**

SEE YOU NEXT TIME!

Before you go, I will hand out your *Falls Prevention Take-Home Handout* for week 8.

AFTER TODAY'S SESSION

- ☐ Take attendance ☐ Collect all materials ☐ Clean up / rearrange space as needed



FACILITATOR GUIDE: FALLS PREVENTION, SESSION 16

BEFORE TODAY'S SESSION

- ☐ Prep your traditional Bingo materials (if applicable)
- ☐ Prep Bingocize® Curriculum Reinforcements
- ☐ Prep / rearrange your space (make sure your Bingocizers will have plenty of space to move!)
- ☐ **Get your Bingocize® T-Shirt on!**

MATERIALS NEEDED

- ☐ *Weekly Class Attendance Form*
- ☐ Resistance Bands + Therapy Balls
- ☐ Traditional Bingo Set (if applicable)
- ☐ Bingocize® Curriculum Reinforcements
- ☐ Bingocize® Boards + Markers (if applicable)
- ☐ Bingocizer Devices (if applicable)

WELCOME!

Note: Remember to reference the *Exercise Modifications Guide* for ideas to modify movements.

You are all doing great! You're getting stronger each week, and your balance is improving. Pay attention to how you feel as we get closer to the end. Today we will discuss more environmental and lifestyle changes that can help reduce falls.

Reminder: During the exercise portion of the program, it is important to push yourself, but make sure to find a pace that makes you **feel good** and doesn't make you feel *pain*.

Source: National Council on Aging, 2017



Let's start off with three rolls!



WHICH OF THE FOLLOWING IS A TYPE OF PHYSICAL ACTIVITY?

- a. Walking to the mailbox
- b. Going to the gym
- c. Participating in Bingocize®
- d. All of the above

Explanation: All of these are examples of physical activity! Something as simple as getting the mail or walking from your car into the store is beneficial for your health.



GRAPEVINE (STANDING)



1. Stand with arms at your side and feet together. Using your right leg, step in front of and across your left foot, criss-crossing your legs.
2. Take a side-step to the left using your left foot, uncrossing your legs.
3. Now cross your right leg behind your left leg, criss-crossing your legs.
4. Then, take a side-step to the left using your left foot, uncrossing your legs.
5. Now repeat, criss-crossing your left leg in front of your right leg.

Seated Option: Twist your upper body in one direction (as far as is comfortable) while you copy the foot motions with your hands and arms, then repeat and twist to the other side.



HEEL RAISES (STANDING)



1. Stand behind a chair for support with your feet hip-width apart and your knees straight.
2. Raise your heels off the floor.
3. Slowly lower your heels back down.

Seated Option: Your knees will be bent, but otherwise, instructions are the same!

For a Challenge: Raise your arms in front of you, move your feet together, or close your eyes.



CALF STRETCH (STANDING)

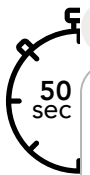


1. Standing, place both hands on the back of the chair and keep your back leg straight.
2. Lean into the chair with your heels on the floor.

If you're able to let go of the chair, straighten one leg and flex your toes up towards your body. Repeat on the other leg.

Seated Option: Raise both legs out in front of you, keeping them as straight as comfort allows. Flex your feet back towards you, then away from you. Lower feet back to the starting position.

For a Challenge: Lean towards your flexed toes.



TOP SHELF REACH (STANDING)



1. Stand, back straight, feet hip-width apart on the floor. Keep your left arm down at your side.
2. As you breathe in, sweep the right arm out to the side and up overhead. Breathe out as you continue the motion, moving through full range and finally into a side bend.
3. Pause, breathe in, and return back to the starting position.
4. Repeat on the opposite side.



WHICH OF THE FOLLOWING IS THE BEST WAY TO CLEAN UP CLUTTER IN YOUR HOME?

- a. Purchase storage boxes for clutter and put them in a designated area
- b. Put all of the unused items on the floor
- c. Throw out all of the items that are not used all of the time
- d. None of the above

Explanation: Storage boxes are helpful to keep a large amount of items in a small space. Moving these boxes to a designated space in your home will reduce the potential fall hazards that clutter can cause.



SKIER (STANDING)



1. While standing, sidestep with your right foot and bring the left foot behind the right leg.
2. Repeat this movement on the other side.
3. Let the arms swing naturally side-to-side in the movement of the stepped direction.

For a Challenge: Tap the foot crossing behind the leg further back and exaggerate your motions.



SIT TO STAND



1. Sitting tall, extend your legs until fully standing, moving only the hip, knee, and ankle joints.
2. Pause and then return to sitting position.
3. Keep shoulders down and knees from bending past your toes throughout the exercise.

Seated Option: Push up with hands on the seat or arms of a wheelchair, or modify as possible using a cane / walker. Either way, make sure you remember your posture!

For a Challenge: Cross your arms over your chest or hold a weight between your hands.



WHY IS IT IMPORTANT TO LIMIT YOUR SCREEN TIME?

- a. Prolonged screen time affects your vision
- b. Too much time using a screen takes away from other aspects of life
- c. Increased screen time may keep you from being physically active
- d. All of the above

Explanation: Spending long periods of time watching screens (TV, phone, tablet, etc.) can significantly strain your eyes. It can also impact other parts of your life, like keeping you from being physically active.



x 3



OPEN AND CLOSE THE WINDOWS (STANDING)



1. Stand and straighten arms in front of you. Pretend you are grasping the handles of a window, and keeping elbows straight, glide hands apart, like you are opening the window.
2. Keeping elbows extended, slide hands back to center, closing the windows.

For a Challenge: Hold onto a resistance band or light weights during this exercise.



ARM CURL (STANDING)



1. Stand and place the resistance band beneath both of your feet. Keep head high, and hold resistance band handles with your palms up.
2. While holding the upper arm still, curl your lower arms up. Only your forearms should move.
3. Curl as far as possible, then slowly lower your hands back to the starting position.



TRUE OR FALSE: IT IS IMPORTANT TO HAVE A LIGHT SWITCH AT BOTH THE TOP AND BOTTOM OF THE STAIRS IN YOUR HOME.

- a. True
- b. False

Explanation: If you do not have light switches at the top and bottom of stairs, then you may have to go up and down more often to turn lights on and off. Stairs are a huge fall hazard, particularly at night, so having light switches at the top and bottom will limit your fall risk.



x 3



MORNING WALK (STANDING)



1. Stand and walk in place, quicker than your typical speed.
2. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees.

For a Challenge: Try pumping your arms back and forth.



SIDE STEPS (STANDING)



1. Begin standing, feet together, with arms at your sides.
2. Take a step to the right and raise your right shoulder, ensure both feet are facing forward.
3. Bring your feet back together, and relax shoulder.
4. Repeat with the left foot and shoulder, then come back together.



x 3



THUMB TO FINGERS



1. Start with your hand in a neutral, relaxed position with all fingers straight out.
2. Bend your thumb across your palm, touching the tip of your thumb to the bottom of your small finger. If you can't make your thumb touch, just stretch as far as you can.
3. Return your thumb to the starting position.
4. Repeat multiple times with each hand.

For a Challenge: Mirror your thumb movement with your feet, tapping them in and back out.



POWER GRIP



1. Using a hand therapy ball, squeeze ball with fingers and thumb.
2. Repeat multiple times with each hand.



CAMILA DOES NOT FEEL COMFORTABLE GOING TO HER COMMUNITY GYM, BUT SHE WANTS TO DO MORE PHYSICAL ACTIVITY. HOW COULD SHE INCREASE HER PHYSICAL ACTIVITY EACH WEEK WITHOUT DOING INTENSE EXERCISES?

- a. Take short walks in her neighborhood
- b. Do light stretching or yoga in her home
- c. Push her grandchild on the swing
- d. All of the above

Explanation: Increasing your physical activity is beneficial even when the activities are not intense!



x 3



TRUNK ROTATION (STANDING)



1. Stand with your feet shoulder-width apart on the floor.
2. Squeeze your shoulder blades slightly together while you reach your arms out to the sides, as if making a "T."
3. Twist your upper body to the right and pulse, going gently further into spinal rotation **three** times. Exhale with each twist. Inhale and return to center, then repeat on the other side.

For a Challenge: Swing your arms and bend your torso to reach for your knee / ankle!



BALLET DANCER (SEATED)



1. Sit with feet hip-width apart. Breathe in and raise your arms.
2. Balance still and tall as you hold your breath for several counts.
3. As you breathe out, slowly lower your arms.

For a Challenge: As you raise your arms, roll to the balls of your feet or to your tip toes.



CRUNCHES (SEATED)



1. While seated, slowly lift your right knee while simultaneously curling your upper body forward.
2. Hold for one second, then return to starting position.
3. Repeat with the left knee.



HI / GOODBYE, NEIGHBOR! (STANDING)



1. Stand if you can, then turn and greet the person on either side of you.
2. This can be a handshake, a high five, a fist bump, a big hug, or even just a wave!

But no matter what you choose, make sure you and your neighbor are on the same page.



Review questions and correct responses with your Bingocizers!



Continue to play Bingo until there's a **final winner!**

SEE YOU NEXT TIME!

Keep working on your *Take-Home Handout* and bring it back next week!

AFTER TODAY'S SESSION

- ☐ Take attendance ☐ Collect all materials ☐ Clean up / rearrange space as needed



FACILITATOR GUIDE: FALLS PREVENTION, SESSION 17

BEFORE TODAY'S SESSION

- ☐ Print the *Falls Take-Home Handout* (Week 9)
- ☐ Prep your traditional Bingo materials (if applicable)
- ☐ Prep Bingocize® Curriculum Reinforcements
- ☐ Prep / rearrange your space (make sure your Bingocizers will have plenty of space to move!)
- ☐ **Get your Bingocize® T-Shirt on!**

MATERIALS NEEDED

- ☐ *Falls Take-Home Handout* (Week 9)
- ☐ *Weekly Class Attendance Form*
- ☐ Resistance Bands + Therapy Balls
- ☐ Traditional Bingo Set (if applicable)
- ☐ Bingocize® Curriculum Reinforcements
- ☐ Bingocize® Boards + Markers (if applicable)
- ☐ Bingocizer Devices (if applicable)

WELCOME!

Note: Remember to reference the *Exercise Modifications Guide* for ideas to modify movements.

Even small changes in sight and hearing may cause you to fall. The risk increases even further when poor vision is accompanied with loss of both hearing and balance. When you get new eyeglasses or contact lenses, take time to get used to them. Always wear your glasses or contacts when you need them. If you have a hearing aid, be sure it fits well, and wear it.

Reminder: During the exercise portion of the program, it is important to push yourself, but make sure to find a pace that makes you **feel good**.

Source: National Institutes on Aging, 2018



Let's start off with three rolls!



EVEN A MILD DEGREE OF HEARING LOSS CAN _____ THE RISK OF AN ACCIDENTAL FALL.

- a. Double
- ☒ b. Quadruple
- c. Triple
- d. None of the above

Explanation: Hearing and balance are related! Not to mention that any degree of hearing loss will impact awareness of surroundings, making falls a bigger risk.



GRAPEVINE (STANDING)



1. Stand with arms at your side and feet together. Using your right leg, step in front of and across your left foot, criss-crossing your legs.
2. Take a side-step to the left using your left foot, uncrossing your legs.
3. Now cross your right leg behind your left leg, criss-crossing your legs.
4. Then, take a side-step to the left using your left foot, uncrossing your legs.
5. Now repeat, criss-crossing your left leg in front of your right leg.

Seated Option: Twist your upper body in one direction (as far as is comfortable) while you copy the foot motions with your hands and arms, then repeat and twist to the other side.

HEEL RAISES (STANDING)



1. Stand behind a chair for support with your feet hip-width apart and your knees straight.
2. Raise your heels off the floor.
3. Slowly lower your heels back down.

Seated Option: Your knees will be bent, but otherwise, instructions are the same!

For a Challenge: Raise your arms in front of you, move your feet together, or close your eyes.

CALF STRETCH (STANDING)



1. Standing, place both hands on the back of the chair and keep your back leg straight.
2. Lean into the chair with your heels on the floor.

If you're able to let go of the chair, straighten one leg and flex your toes up towards your body. Repeat on the other leg.

Seated Option: Raise both legs out in front of you, keeping them as straight as comfort allows. Flex your feet back towards you, then away from you. Lower feet back to the starting position.

For a Challenge: Lean towards your flexed toes.

TOP SHELF REACH (STANDING)



1. Stand, back straight, feet hip-width apart on the floor. Keep your left arm down at your side.
2. As you breathe in, sweep the right arm out to the side and up overhead. Breathe out as you continue the motion, moving through full range and finally into a side bend.
3. Pause, breathe in, and return back to the starting position.
4. Repeat on the opposite side.



x 3

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TRUE OR FALSE: HEARING LOSS MAY CAUSE YOU TO USE LESS OF YOUR MENTAL RESOURCES TO HEAR AND INTERPRET SPEECH AND OTHER SOUNDS. THIS WILL HELP REDUCE YOUR CHANCE OF FALLS.

- a. True
- ☒ b. False

Explanation: Hearing loss may cause you to use more of your mental resources to hear and interpret speech and other sounds. This could leave fewer mental resources to maintain balance.

SKIER (STANDING)



1. While standing, sidestep with your right foot and bring the left foot behind the right leg.
2. Repeat this movement on the other side.
3. Let the arms swing naturally side-to-side in the movement of the stepped direction.

For a Challenge: Tap the foot crossing behind the leg further back and exaggerate your motions.



SIT TO STAND



1. Sitting tall, extend your legs until fully standing, moving only the hip, knee, and ankle joints.
2. Pause and then return to sitting position.
3. Keep shoulders down and knees from bending past your toes throughout the exercise.

Seated Option: Push up with hands on the seat or arms of a wheelchair, or modify as possible using a cane / walker. Either way, make sure you remember your posture!

For a Challenge: Cross your arms over your chest or hold a weight between your hands.



TRUE OR FALSE: HEARING AIDS DON'T MAKE A DIFFERENCE IN BALANCE.

- a. True
b. False

Explanation: People properly using hearing aids are able to maintain balance twice as long as those who don't have them or use them properly. Make sure to check your hearing aid batteries often.



x 3



OPEN AND CLOSE THE WINDOWS (STANDING)



1. Stand and straighten arms in front of you. Pretend you are grasping the handles of a window, and keeping elbows straight, glide hands apart, like you are opening the window.
2. Keeping elbows extended, slide hands back to center, closing the windows.

For a Challenge: Hold onto a resistance band or light weights during this exercise.



ARM CURL (STANDING)



1. Stand and place the resistance band beneath both of your feet. Keep head high, and hold resistance band handles with your palms up.
2. While holding the upper arm still, curl your lower arms up. Only your forearms should move.
3. Curl as far as possible, then slowly lower your hands back to the starting position.



TRUE OR FALSE: WEARING BIFOCALS TO SEE THINGS BETTER UP CLOSE MAY IMPAIR DEPTH PERCEPTION AND CONTRAST SENSITIVITY, INCREASING RISK FOR FALLS.

- a. True
b. False

Explanation: Talk to your optometrist to determine your risk.



x 3



MORNING WALK (STANDING)



1. Stand and walk in place, quicker than your typical speed.
2. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees.

For a Challenge: Try pumping your arms back and forth.



SIDE STEPS (STANDING)



1. Begin standing, feet together, with arms at your sides.
2. Take a step to the right and raise your right shoulder, ensure both feet are facing forward.
3. Bring your feet back together, and relax shoulder.
4. Repeat with the left foot and shoulder, then come back together.



x 3



THUMB TO FINGERS



1. Start with your hand in a neutral, relaxed position with all fingers straight out.
2. Bend your thumb across your palm, touching the tip of your thumb to the bottom of your small finger. If you can't make your thumb touch, just stretch as far as you can.
3. Return your thumb to the starting position.
4. Repeat multiple times with each hand.

For a Challenge: Mirror your thumb movement with your feet, tapping them in and back out.



POWER GRIP



1. Using a hand therapy ball, squeeze ball with fingers and thumb.
2. Repeat multiple times with each hand.



TRUE OR FALSE: DIAMOND HAS DEVELOPED CATARACTS RECENTLY. THE CATARACTS WILL INCREASE HER CHANCE FOR FALLS.

- a. True
- b. False

Explanation: Cataracts cause blurry vision, decrease contrast sensitivity, and can greatly reduce your ability to see in low levels of light. All of these issues increase the chance for falls.



x 3



TRUNK ROTATION (STANDING)



1. Stand with your feet shoulder-width apart on the floor.
2. Squeeze your shoulder blades slightly together while you reach your arms out to the sides, as if making a "T."
3. Twist your upper body to the right and pulse, going gently further into spinal rotation **three** times. Exhale with each twist. Inhale and return to center, then repeat on the other side.

For a Challenge: Swing your arms and bend your torso to reach for your knee / ankle!



BALLET DANCER (SEATED)



1. Sit with feet hip-width apart. Breathe in and raise your arms.
2. Balance still and tall as you hold your breath for several counts.
3. As you breathe out, slowly lower your arms.

For a Challenge: As you raise your arms, roll to the balls of your feet or to your tip toes.



CRUNCHES (SEATED)



1. While seated, slowly lift your right knee while simultaneously curling your upper body forward.
2. Hold for one second, then return to starting position.
3. Repeat with the left knee.



HI / GOODBYE, NEIGHBOR! (STANDING)



1. Stand if you can, then turn and greet the person on either side of you.
2. This can be a handshake, a high five, a fist bump, a big hug, or even just a wave!

But no matter what you choose, make sure you and your neighbor are on the same page.



Review questions and correct responses with your Bingocizers!



Continue to play Bingo until there's a final winner!

SEE YOU NEXT TIME!

Before you go, I will hand out your *Falls Prevention Take-Home Handout* for week 9.

AFTER TODAY'S SESSION

- ☐ Take attendance ☐ Collect all materials ☐ Clean up / rearrange space as needed



FACILITATOR GUIDE: FALLS PREVENTION, SESSION 18

BEFORE TODAY'S SESSION

- ☐ Prep your traditional Bingo materials (if applicable)
- ☐ Prep Bingocize® Curriculum Reinforcements
- ☐ Prep / rearrange your space (make sure your Bingocizers will have plenty of space to move!)
- ☐ **Get your Bingocize® T-Shirt on!**

MATERIALS NEEDED

- ☐ Weekly Class Attendance Form
- ☐ Resistance Bands + Therapy Balls
- ☐ Traditional Bingo Set (if applicable)
- ☐ Bingocize® Curriculum Reinforcements
- ☐ Bingocize® Boards + Markers (if applicable)
- ☐ Bingocizer Devices (if applicable)

WELCOME!

Note: Remember to reference the *Exercise Modifications Guide* for ideas to modify movements.

During our last session, we discussed how even small changes in vision and hearing may cause you to fall. Today, we will talk more about how vision and hearing changes can impact other parts of your life.

Reminder: While you exercise, stay in that 5-6 on the 1-10 effort scale and **stop** if you feel pain.

Source: National Institutes on Aging, 2018



Let's start off with three rolls!



WHY IS IT IMPORTANT TO WEAR SUNGLASSES WHEN YOU ARE OUTSIDE ON A SUNNY DAY?

- a. The sunglasses make you look cool
- ☒ b. Sunglasses protect your eyes from UV rays
- c. Sunglasses actually make your eyes weaker
- d. Sunglasses are only helpful after cataract surgeries

Explanation: Sunglasses limit the UV rays that reach your eyes. These UV rays gradually damage your eyes over time and contribute to vision problems.

ALTERNATE FOOT BALANCE (SEATED)

1. Sit and place a foam pad or pillow in front of your feet.
2. Lift your right foot in the air and pause it there or tap your foot on the pillow if needed.
3. Lower your right foot, and repeat with your left foot.

Standing Option: Balance on one foot at a time.

For a Challenge: Raise the height of your lifted foot higher each time and/or increase your speed.





SIT TO STAND



1. Sitting tall, extend your legs until fully standing, moving only the hip, knee, and ankle joints.
2. Pause and then return to sitting position.
3. Keep shoulders down and knees from bending past your toes throughout the exercise.

Seated Option: Push up with hands on the seat or arms of a wheelchair, or modify as possible using a cane / walker. Either way, make sure you remember your posture!

For a Challenge: Cross your arms over your chest or hold a weight between your hands.



HEEL RAISES (STANDING)



1. Stand behind a chair for support with your feet hip-width apart and your knees straight.
2. Raise your heels off the floor.
3. Slowly lower your heels back down.

Seated Option: Your knees will be bent, but otherwise, instructions are the same!

For a Challenge: Raise your arms in front of you, move your feet together, or close your eyes.



TOP SHELF REACH (STANDING)



1. Stand, back straight, feet hip-width apart on the floor. Keep your left arm down at your side.
2. As you breathe in, sweep the right arm out to the side and up overhead. Breathe out as you continue the motion, moving through full range and finally into a side bend.
3. Pause, breathe in, and return back to the starting position.
4. Repeat on the opposite side.



x 3



TRUE OR FALSE: IMPAIRED VISION INCREASES YOUR CHANCES OF FALLING BY 25%.

- a. True
- b. False

Explanation: Impaired vision more than doubles your falls risk. You should get a dilated eye exam at least once a year to reduce the risk of irreversible vision loss and update your glasses as needed.



CUEING DRILL (STANDING)



1. Stand with feet hip-width apart. Take one step forward, then take one step backward.
2. Turn around and face the opposite direction. Then turn around to the starting position.
3. Crouch down with your knees bent. Place your hands on your knees. Now stand up tall and clap your hands ten times.
4. Stand with your right foot up, and hold. Then switch to your left foot up, and hold.
5. Step your right foot forward, and reach up with your left arm. Return to center.
6. Step your left foot forward, and reach up with your right arm. Return to center, arms at your sides.
7. Roll up to stand on your toes, then roll back down.
8. Turn your head to the right. Return to the center.
9. Turn your head to the left. Return to the center.

Seated Option: Movements can be emulated while sitting. Instead of turning to face the opposite direction, twist the upper body (as much as is comfortable) to look over the shoulder. Foot movements will be the same, but the Bingocizer will remain seated!



SKIER (STANDING)



1. While standing, sidestep with your right foot and bring the left foot behind the right leg.
2. Repeat this movement on the other side.
3. Let the arms swing naturally side-to-side in the movement of the stepped direction.

For a Challenge: Tap the foot crossing behind the leg further back and exaggerate your motions.



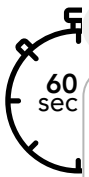
SAMUEL'S VISION HAS GOTTEN WORSE WITH AGE, ESPECIALLY AT NIGHT. HE RECEIVED A NEW PRESCRIPTION FROM HIS OPTOMETRIST, BUT HE IS STILL CONCERNED ABOUT HIS NIGHT VISION. WHAT CAN SAMUEL DO IN HIS HOME TO MAKE SURE HIS POOR NIGHT VISION DOES NOT INCREASE HIS CHANCE OF FALLS?

- a. Avoid walking around at night.
- b. Call a family member or friend whenever he needs to walk around in his home at night.
- c. Make sure there is ample lighting and several light switches throughout his home.
- d. There is nothing Samuel can do.

Explanation: If there is sufficient lighting in Samuel's home, then his night vision will not be as big of a problem. Several light switches throughout the home will limit his chance of falls.



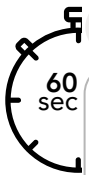
x 3



CHEST PRESS (STANDING)



1. Stand with the resistance band behind your upper back, holding the band handles. For more resistance, grab the resistance band itself.
2. Position your arms out to your side and parallel to the ground, with a slight bend.
3. Maintain that slight bend in your arms while you slowly bring your hands together.
4. Once your hands have come in contact, slowly return to the starting position.



LATERAL RAISES (STANDING)



1. While standing tall with top of head high, place the resistance band beneath both feet.
2. With hands gripping handles, slowly raise one arm to the side until parallel with the floor.
3. Hold for a few seconds, then slowly release to starting position. Repeat with the other arm.

For a Challenge: Try doing both arms at the same time!



TRACIE LOVES TO READ, BUT SHE NEEDS BIFOCALS TO SEE THE PAGES. SOMETIMES, SHE FORGETS THAT SHE HAS THEM ON AND WEARS THEM AROUND THE HOUSE. HOWEVER, SHE NOTICED THAT THEY MAKE IT DIFFICULT TO SEE THE GROUND WHEN SHE IS WALKING. WHAT IS SOMETHING SHE COULD DO TO PREVENT FALLS?

- a. Ask her optometrist about getting a second pair of glasses with *only* distance vision.
- b. Wear the bifocals more often so she can see better.
- c. Wear sunglasses around the house.
- d. All of the above

Explanation: Bifocals can negatively affect balance, increasing the risk of falls because the lens may blur certain parts of your vision. It is best to have separate pairs of glasses, one for close-up and one for distance. If this isn't possible, try to take bifocals off completely when walking.



x 3



MORNING WALK (STANDING)



1. Stand and walk in place, quicker than your typical speed.
2. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees.

For a Challenge: Try pumping your arms back and forth.



TOES TO THE SKY (SEATED)



1. Begin with your back straight and good posture, eyes facing forward, palms on your thighs.
2. Feet hip-width apart. Extend and lift your right foot with toes flexed and pointed to the sky.
3. Point your toes straight and slowly return to starting position.
4. Repeat with your left foot.



x 3



THUMB TO FINGERS



1. Start with your hand in a neutral, relaxed position with all fingers straight out.
2. Bend your thumb across your palm, touching the tip of your thumb to the bottom of your small finger. If you can't make your thumb touch, just stretch as far as you can.
3. Return your thumb to the starting position.
4. Repeat multiple times with each hand.

For a Challenge: Mirror your thumb movement with your feet, tapping them in and back out.



C-GRIP



1. Hold your hand and fingers straight and close together, then gently curve your fingers into a "C" shape (imagine your hand is wrapped around a can).
2. Moving slowly, return your hand to the starting position. Repeat multiple times on each hand.



RUTH HAS HEARING AIDS THAT SHE USES ON A DAILY BASIS. HOWEVER, SHE SOMETIMES FORGETS TO REPLACE THE BATTERIES. HOW CAN RUTH BE BETTER PREPARED SO IT DOESN'T AFFECT HER RISK FOR FALLS?

- a. Replace the battery whenever she hears the "low battery" sound or beeping.
- b. Keep extra batteries in her home.
- c. Make sure the hearing aid is turned off when she is not using it.
- d. All of the above

Explanation: Working hearing aids play an important role in maintaining balance and reducing risk for falls. It is important that you keep extra batteries in your home and replace them as soon as they die.



x 3

SINGLE ARM CROSSOVER (STANDING)



1. Stand with your back straight and your feet shoulder-width apart.
2. Gently pull your right arm across your chest, keeping it below the chin. Ensure the arm remains straight and level.
3. Use your left hand to gently press on the upper part of the right arm, near the elbow, to deepen the stretch. Hold this position for several breaths, then release.
4. Repeat on the other side.



BALLET DANCER (SEATED)



1. Sit with feet hip-width apart. Breathe in and raise your arms.
2. Balance still and tall as you hold your breath for several counts.
3. As you breathe out, slowly lower your arms.



For a Challenge: As you raise your arms, roll to the balls of your feet or to your tip toes.

GOOD MORNING (SEATED)



1. Sit with your feet wider than shoulder-width apart. Keeping your back and neck straight and tall, slowly bend forward at the hips until your torso is parallel to the floor.
2. Keeping your back straight and tall, slowly bend back up until you are in starting position.



HI / GOODBYE, NEIGHBOR! (STANDING)



1. Stand if you can, then turn and greet the person on either side of you.
2. This can be a handshake, a high five, a fist bump, a big hug, or even just a wave!



But no matter what you choose, make sure you and your neighbor are on the same page.



Review questions and correct responses with your Bingocizers!



Continue to play Bingo until there's a **final winner!**

SEE YOU NEXT TIME!

Keep working on your *Take-Home Handout* and bring it back next week!

AFTER TODAY'S SESSION

- ☐ Take attendance ☐ Collect all materials ☐ Clean up / rearrange space as needed



FACILITATOR GUIDE: FALLS PREVENTION, SESSION 19

BEFORE TODAY'S SESSION

- ☐ Print the *Falls Take-Home Handout* (Week 10)
- ☐ Prep your traditional Bingo materials (if applicable)
- ☐ Prep Bingocize® Curriculum Reinforcements
- ☐ Prep / rearrange your space (make sure your Bingocizers will have plenty of space to move!)
- ☐ **Get your Bingocize® T-Shirt on!**

MATERIALS NEEDED

- ☐ *Falls Take-Home Handout* (Week 10)
- ☐ *Weekly Class Attendance Form*
- ☐ Resistance Bands + Therapy Balls
- ☐ Traditional Bingo Set (if applicable)
- ☐ Bingocize® Curriculum Reinforcements
- ☐ Bingocize® Boards + Markers (if applicable)
- ☐ Bingocizer Devices (if applicable)

WELCOME!

Note: Remember to reference the *Exercise Modifications Guide* for ideas to modify movements.

Over the past 9 weeks, we've had fun playing Bingo, completed lots of exercise, and learned some practical lifestyle changes you can make to substantially reduce the likelihood of falling. And this week we'll wrap up our Bingocize® workshop with more exercises and fun, as usual! We will also discuss some "real life" scenarios to help review the information we've covered over the past 9 weeks.



Let's start off with three rolls!



LAWRENCE LOVES HIS DOG, BUT HE HAS NOTICED THAT TAKING HER ON WALKS HAS BECOME VERY TIRING RECENTLY, AND SHE HAS BEEN GETTING IN HIS WAY AROUND THE HOUSE MORE OFTEN. HE IS AFRAID THAT SHE MAY CAUSE HIM TO FALL, AND HE HAS SOME IDEAS TO PREVENT THAT. WHICH OF THE FOLLOWING IS NOT A GOOD IDEA?

- a. Make sure she is trained on a leash and with commands in the house
- b. Step over her**
- c. Hire a neighbor to help take her for walks
- d. Sit down if she becomes too energetic

Explanation: Animals are unpredictable - even sleeping ones! If the pet moves suddenly, you could trip.



ALTERNATE FOOT TOUCH (SEATED)



1. Sit and place a foam pad or pillow in front of your feet.
2. Lift your right foot in the air and pause it there or tap your foot on the pillow if needed.
3. Lower your right foot, and repeat with your left foot.

Standing Option: Balance on one foot at a time.

For a Challenge: Raise the height of your lifted foot higher each time and/or increase your speed.



SIT TO STAND



1. Sitting tall, extend your legs until fully standing, moving only the hip, knee, and ankle joint.
2. Pause and then return to sitting position.
3. Keep shoulders down and knees from bending past your toes throughout the exercise.

Seated Option: Push up with hands on the seat or arms of a wheelchair, or modify as possible using a cane / walker. Either way, make sure you remember your posture!

For a Challenge: Cross your arms over your chest or hold a weight between your hands.



HEEL RAISES (STANDING)



1. Stand behind a chair for support with your feet hip-width apart and your knees straight.
2. Raise your heels off the floor.
3. Slowly lower your heels back down.

Seated Option: Your knees will be bent, but otherwise, instructions are the same!

For a Challenge: Raise your arms in front of you, move your feet together, or close your eyes.



TOP SHELF REACH (STANDING)



1. Stand, back straight, feet hip-width apart on the floor. Keep your left arm down at your side.
2. As you breathe in, sweep the right arm out to the side and up overhead. Breathe out as you continue the motion, moving through full range and finally into a side bend.
3. Pause, breathe in, and return back to the starting position.
4. Repeat on the opposite side.



x 3



CHARLES HAS NOTICED THAT THE WORSE HIS VISION BECOMES WITH AGE, THE MORE HE FEELS LIKE HE COULD FALL. WHICH OF THE FOLLOWING CAN HE DO TO REDUCE HIS CHANCE FOR FALLING DUE TO HIS VISION IMPAIRMENT?

- a. Schedule an exam so a doctor can create a plan to deal with the vision impairment.
- b. Limit spending a lot of time focusing on screens
- c. Wear sunglasses when outside in bright light
- d. All of the above

Explanation: It is important to speak with your doctor about your vision impairment so they can make a plan. Spending long periods of time looking at screens or outside in the sun can strain the eyes even more, so it is important to take protective measures.



SKIER (STANDING)



1. While standing, sidestep with your right foot and bring the left foot behind the right leg.
2. Repeat this movement on the other side.
3. Let the arms swing naturally side-to-side in the movement of the stepped direction.

For a Challenge: Tap the foot crossing behind the leg further back and exaggerate your motions.



CUEING DRILL (STANDING)



1. Stand with feet hip-width apart. Take one step forward, then take one step backward.
2. Turn around and face the opposite direction. Then turn around to the starting position.
3. Crouch down with your knees bent. Place your hands on your knees. Now stand up tall and clap your hands ten times.
4. Stand with your right foot up, and hold. Then switch to your left foot up, and hold.
5. Step your right foot forward, and reach up with your left arm. Return to center.
6. Step your left foot forward, and reach up with your right arm. Return to center, arms at your sides.
7. Roll up to stand on your toes, then roll back down.
8. Turn your head to the right. Return to the center.
9. Turn your head to the left. Return to the center.

Seated Option: Movements can be emulated while sitting. Instead of turning to face the opposite direction, twist the upper body (as much as is comfortable) to look over the shoulder. Foot movements will be the same, but the Bingocizer will remain seated!

93

ANTONIO IS VISITING HIS GRANDCHILDREN FOR THE HOLIDAYS. HE WAKES UP IN THE MORNING FEELING CONFUSED IN THE UNFAMILIAR ENVIRONMENT. WHAT SHOULD ANTONIO DO WHEN HE IS FEELING THIS WAY?

- a. Get out of bed immediately
- b. Walk down the stairs to find someone to help
- c. Wait for his mind to clear before getting up to walk around
- d. All of the above

Explanation: If you wake up confused, wait for your mind to clear or for someone to come help before you get up. It is unsafe to get out of bed immediately or walk up/down stairs while feeling confused.



x 3



CHEST PRESS (STANDING)



1. Stand with the resistance band behind your upper back, holding the band handles. For more resistance, grab the resistance band itself.
2. Position your arms out to your side and parallel to the ground, with a slight bend.
3. Maintain that slight bend in your arms while you slowly bring your hands together.
4. Once your hands have come in contact, slowly return to the starting position.



LATERAL RAISES (STANDING)



1. While standing tall with head high, place the resistance band beneath both feet.
2. With hands gripping handles, slowly raise one arm to the side until parallel with the floor.
3. Hold for a few seconds, then slowly release to starting position. Repeat with the other arm.

For a Challenge: Try doing both arms at the same time!

94

TERRY KNOWS THE CLUTTER IN HIS HOUSE IS A FALL RISK, AND WANTS TO CLEAN IT UP, BUT DOESN'T KNOW HOW. WHAT SHOULD TERRY DO?

- a. Terry could hire or ask someone to help tidy up his home.
- b. Terry shouldn't do anything about the clutter because it won't increase his fall risk
- c. Terry could move the clutter to the stairs or hallway to keep his bedroom clear
- d. None of the above

Explanation: Terry could ask or hire someone to help him, especially if tasks may be fall risks.



MORNING WALK (STANDING)



1. Stand and walk in place, quicker than your typical speed.
2. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees.



For a Challenge: Try pumping your arms back and forth.

TOES TO THE SKY (SEATED)



1. Begin with your back straight and good posture, eyes facing forward, palms on your thighs.
2. Feet hip-width apart. Extend and lift your right foot with toes flexed and pointed to the sky.
3. Point your toes straight and slowly return to starting position.
4. Repeat with your left foot.



THUMB TO FINGERS



1. Start with your hand in a neutral, relaxed position with all fingers straight out.
2. Bend your thumb across your palm, touching the tip of your thumb to the bottom of your small finger. If you can't make your thumb touch, just stretch as far as you can.
3. Return your thumb to the starting position.
4. Repeat multiple times with each hand.



For a Challenge: Mirror your thumb movement with your feet, tapping them in and back out.

C-GRIP



1. Hold your hand and fingers straight and close together, then gently curve your fingers into a "C" shape (imagine your hand is wrapped around a can).
2. Moving slowly, return your hand to the starting position. Repeat multiple times on each hand.



95

THELMA OFTEN FEELS VERY OFF BALANCE WHEN SHE GOES FROM SITTING OR LYING DOWN TO STANDING UP. WHAT CAN SHE DO TO DECREASE HER CHANCE OF FALLING WHEN SHE GETS UP?

- a. Get out of bed slowly.
- b. Sit on the edge of the bed for a few moments before she stands.
- c. Before standing up, do some light exercises to get her blood moving.
- ☒ d. All of the above

Explanation: Getting up slowly or sitting while doing exercises (clenching your hands, moving feet up and down) allows your body to adjust, blood pressure to stay normal, and decreases your fall risk upon standing.



SINGLE ARM CROSSOVER (STANDING)



1. Stand with your back straight and your feet shoulder-width apart.
2. Gently pull your right arm across your chest, keeping it below the chin. Ensure the arm remains straight and level.
3. Use your left hand to gently press on the upper part of the right arm, near the elbow, to deepen the stretch. Hold this position for several breaths, then release.
4. Repeat on the other side.



BALLET DANCER (SEATED)



1. Sit with feet hip-width apart. Breathe in and raise your arms.
2. Balance still and tall as you hold your breath for several counts.
3. As you breathe out, slowly lower your arms.

For a Challenge: As you raise your arms, roll to the balls of your feet or to your tip toes.



GOOD MORNING (STANDING)



1. Stand with your feet wider than shoulder-width apart. Keeping your back and neck straight and tall, slowly bend forward at the hips until your torso is parallel to the floor.
2. Keeping your back straight and tall, slowly bend back up until you are in starting position.



HI / GOODBYE, NEIGHBOR! (STANDING)



1. Stand if you can, then turn and greet the person on either side of you.
2. This can be a handshake, a high five, a fist bump, a big hug, or even just a wave!

But no matter what you choose, make sure you and your neighbor are on the same page.



Review questions and correct responses with your Bingocizers!



Continue to play Bingo until there's a **final winner!**

SEE YOU NEXT TIME!

Before you go, I will hand out your *Falls Prevention Take-Home Handout* for week 10.

AFTER TODAY'S SESSION

- ☐ Take attendance ☐ Collect all materials ☐ Clean up / rearrange space as needed



FACILITATOR GUIDE: FALLS PREVENTION, SESSION 20

BEFORE TODAY'S SESSION

- ☐ Prep your traditional Bingo materials (if applicable)
- ☐ Prep Bingocize® Curriculum Reinforcements
- ☐ Prep / rearrange your space (make sure your Bingocizers will have plenty of space to move!)
- ☐ **Get your Bingocize® T-Shirt on!**

MATERIALS NEEDED

- ☐ *Weekly Class Attendance Form*
- ☐ Resistance Bands + Therapy Balls
- ☐ Traditional Bingo Set (if applicable)
- ☐ Bingocize® Curriculum Reinforcements
- ☐ Bingocize® Boards + Markers (if applicable)
- ☐ Bingocizer Devices (if applicable)

WELCOME!

Note: Remember to reference the *Exercise Modifications Guide* for ideas to modify movements.

Welcome to our final class!

Today we'll wrap up with more "real life" scenarios to help review the information you've learned. I hope you had lots of fun and are feeling the positive effects of Bingocizing! I encourage you to continue your healthy lifestyle behaviors and look for another round of Bingocize® soon!

Remember, the big takeaway message is: **falling is not an inevitable result of aging**. There are things you can do.

1. Stay physically active!
2. Talk to your healthcare provider about your falls risk and review your medications.
3. Get your vision and hearing checked annually and update your eyeglasses.
4. Make safety improvements in your home.
5. Talk to your family members about ways they can help you modify your home and make lifestyle changes.

Source: National Council on Aging, National Institute on Aging, 2018



Let's start off with FIVE rolls!

96

WAYNE FEELS HE NEEDS TO USE A WALKER. EVEN THOUGH HE DOES NOT HAVE ONE FOR HIMSELF, HE DECIDES TO BORROW HIS FRIEND'S. TRUE OR FALSE: USING HIS FRIEND'S WALKER DOES NOT INCREASE HIS CHANCE OF A FALL.

- a. True
- ☒ b. False

Explanation: While an assistive device can be helpful in preventing falls, using another person's device can be dangerous. If a cane or walker is not properly fitted to the person using it, the chance for falls actually increases. Wayne needs to make an appointment to get an assistive device that is properly fitted to him.



THREE DOT STEP (STANDING)



1. Stand with your feet together and your arms down at your sides. Making sure your left foot never leaves the ground, step forward about 2 - 3 feet with your right foot.
2. As you do this, reach your right arm forward. Then step back, returning feet and arms to starting position.
3. Now take the right foot and step out to your right side about 2 - 3 feet while reaching your arm in the same direction. Then step back, returning feet and arms to the starting position.
4. Now step your right foot backwards about 2 - 3 feet, bending your left knee while keeping your right leg straight, while allowing the arm to open backwards into a horizontal reach.
5. Return to the starting position. Then repeat steps, using your left foot and arm.

Seated Option: Follow instructions while seated. Instead of stepping forward with your foot, lift that foot (to the best of your ability) in the direction as instructed.



STATIC BALANCE (STANDING)



1. Stand with eyes focused forward, and one leg elevated to about ankle level without touching the support leg. Hold for several seconds.
2. Repeat with the other leg.

For a Challenge: Stand with feet close together, lift leg higher, lift your arms, or close your eyes.



STAGGERED STANCE (STANDING)



1. Stand with feet together, hands at sides. Step forward with your right foot. Hold for 10 sec.
2. Step back to feet together, and then step forward with your left foot.

For a Challenge: Instead of stepping, jump your feet out.



SIDE FLEXION (SEATED)



1. Seated, bend at the waist to the left to bring your left elbow to the outside of your left hip.
2. Straighten, then repeat on the right.

For a Challenge: Straighten arm and reach down for the side of your knee or hold light weights.



x 5



CALLIE HAS BECOME MORE AFRAID OF FALLING AS SHE HAS AGED. WHICH OF THE FOLLOWING WOULD BE BEST TO LIMIT HER RISK FOR FALLS?

- a. Limit her time spent up walking around
- b. Only eat foods high in protein
- ☒ c. Stay physically active
- d. Keep from leaving her home

Explanation: Many people believe that staying at home and limiting physical activity is the only way to prevent themselves from falling. In reality, being physically active *reduces* your risk for falls by increasing your mobility, strength, and making you more independent.

GRAPEVINE (STANDING)



1. Stand with arms at your side and feet together. Using your right leg, step in front of and across your left foot, criss-crossing your legs.
2. Take a side-step to the left using your left foot, uncrossing your legs.
3. Now cross your right leg behind your left leg, criss-crossing your legs.
4. Then, take a side-step to the left using your left foot, uncrossing your legs.
5. Now repeat, criss-crossing your left leg in front of your right leg.

Seated Option: Twist your upper body in one direction (as far as is comfortable) while you copy the foot motions with your hands and arms, then repeat and twist to the other side.

SWIMMING DANCE (STANDING)



1. Stand with your feet together and move your arms in a swimming motion.
2. Then plug your nose with one arm raised above your head and shimmy your body down into a crouch and then back up.

Seated Option: Do the same motions, but instead of shimming down, bend forward at the waist.

98

THERESA'S HEALTH CARE PROVIDER ENCOURAGED HER TO WEAR PROPER FOOTWEAR DURING ICY WEATHER. WHAT MORE COULD SHE DO TO FURTHER PROTECT HERSELF FROM FALLS IF SHE MUST LEAVE THE HOUSE?

- a. Use a delivery service for groceries and other necessities
- b. Hire someone to clear her driveway of snow and ice
- c. Have a friend assist her when walking to the car or mailbox
- d. All of the above

Explanation: The risk of falling on icy surfaces increases as we age. While it is best to avoid going out in icy weather altogether, there are ways to protect yourself if you must go out.



x 5

CHEST PRESS (STANDING)



1. Stand with the resistance band behind your upper back, holding the band handles. For more resistance, grab the resistance band itself.
2. Position your arms out to your side and parallel to the ground, with a slight bend.
3. Maintain that slight bend in your arms while you slowly bring your hands together. Then slowly release.

ARM CURL (STANDING)



1. Stand and place the resistance band beneath both of your feet. Keep head high, and hold resistance band handles with your palms up.
2. While holding the upper arm still, curl your lower arms up. Only your forearms should move.
3. Curl as far as possible, then slowly lower your hands back to the starting position.

99

ALEX IS FEELING THIRSTY IN THE MIDDLE OF A BINGOCIZE® SESSION AND HIS INSTRUCTOR TOLD HIM IT IS IMPORTANT TO STAY HYDRATED, BUT HE DOES NOT WANT TO DRINK WATER BECAUSE IT WILL MAKE HIM HAVE TO GO TO THE RESTROOM. WHY IS IT IMPORTANT THAT ALEX DRINKS WATER DURING THE SESSION?

- a. It is good to go to the restroom often
- ☒ b. Staying hydrated while exercising prevents dizziness, reducing the chance of falls
- c. Going to the restroom more often gives Alex a break from the workout
- d. None of the above

Explanation: It is always important to stay hydrated! While going to the restroom maybe be an annoying interruption to a workout, being dehydrated can cause dizziness, increasing your fall risk.



x 5



THE TWIST (STANDING)

Play the song, "The Twist"!



1. Stand with feet shoulder-width apart and equal weight on both feet. Move one foot slightly (less than a step's length) forward and bend your arms at the elbow.
2. Twist your hips from side-to-side, shifting your weight on the balls of your feet. At the same time, move your arms in the opposite direction of your hips to help keep your balance.
3. Alternate from placing your weight over your front foot as you twist, then shifting your weight to your back foot.

Seated Option: Do as many of the movements as you can, but while sitting.

For a Challenge: Alternate lifting a foot off the ground as you twist back and forth.



HEEL RAISES (STANDING)



1. Stand behind a chair for support with your feet hip-width apart and your knees straight.
2. Raise your heels off the floor.
3. Slowly lower your heels back down.

Seated Option: Your knees will be bent, but otherwise, instructions are the same!



x 5



THUMB TO FINGERS



1. Start with your hand in a neutral, relaxed position with all fingers straight out.
2. Bend your thumb across your palm, touching the tip of your thumb to the bottom of your small finger. If you can't make your thumb touch, just stretch as far as you can.
3. Return your thumb to the starting position. Repeat multiple times with each hand.

For a Challenge: Mirror your thumb movement with your feet, tapping them in and back out.



POWER GRIP



1. Using a hand therapy ball, squeeze ball with fingers and thumb.
2. Repeat multiple times with each hand.



LANDON DOES NOT FEEL LIKE HE IS CAPABLE OF PREVENTING FALLS, BUT HE DOESN'T WANT TO BOTHER HIS FAMILY AND FRIENDS WITH THIS PROBLEM. WHAT SHOULD LANDON TO DO IN THIS SITUATION?

- a. Landon should speak to his family and friends about his fear of falling.
- b. Landon should speak to his family/friends about his fear *after* he has already fallen.
- c. Landon should not speak to his family/friends about his fear at all, it's *his* problem.
- d. None of the above

Explanation: Fear of falling is normal as you age, and it is important to make this clear to those closest to you. Friends and family can help you prevent falls by checking in on you, helping you communicate with your doctor, and helping you arrange your space in the most ideal way.



x 5



BALANCE EXERCISE (SEATED)



1. Sit with eyes closed for 30 seconds.
2. With eyes still closed, turn head from side-to-side.
3. Keep eyes closed, and move head up and down. Repeat steps one more time.



BALLET DANCER (SEATED)



1. Sit with feet hip-width apart. Breathe in and raise your arms.
2. Balance still and tall as you hold your breath for several counts.
3. As you breathe out, slowly lower your arms.

For a Challenge: As you raise your arms, roll to the balls of your feet or to your tip toes.



YMCA (STANDING)



Play the song, "The YMCA"!

1. Stand and dance, sway, or tap your toes to the music. Have fun with it!
2. Once you get to the chorus, extend your arms above your head to create the top of the Y.
3. Place your fingertips on top of your head, and press the backs of your hands together. Bend your wrists as much as you can to make them resemble the top angles of the M.
4. Bring one arm down by your side and bend it slightly, keeping your palm open. Curl your other arm over your head and bend to the side at the waist to create the C.
5. Put your arms above your head, bending your elbows a bit at your ears, and touching your fingertips together to create the A.



HI / GOODBYE, NEIGHBOR! (STANDING)



1. Stand if you can, then turn and greet the person on either side of you.
2. This can be a handshake, a high five, a fist bump, a big hug, or even just a wave!

But no matter what you choose, make sure you and your neighbor are on the same page.



Review questions and correct responses with your Bingocizers!



Continue to play Bingo until there's a **final winner!**

THANK YOU!

I hope you had fun today, and the past ten weeks!

As I collect your final *Take-Home Handouts*, let's chat about Falls Prevention.

What are some changes you've made that have already had an impact in your life?

Possible Prompts:

- Have you shared anything you've learned here with your friends and loved ones?
- Have you decluttered your home / room / space?
- Have you added lighting (or additional light switches!) to your space?
- Have you assessed your shoes, and made a change in footwear?
- Have you talked to your healthcare provider about your falls risk?
- Have you talked to your healthcare provider about an eye or ear exam?

Encourage discussion of personal experience and reflection, as time allows.

Thank you for joining me in this session of Bingocize®!
Keep an eye out for another workshop coming soon.

AFTER TODAY'S SESSION

- ☐ Take attendance ☐ Collect all materials ☐ Clean up / rearrange space as needed