

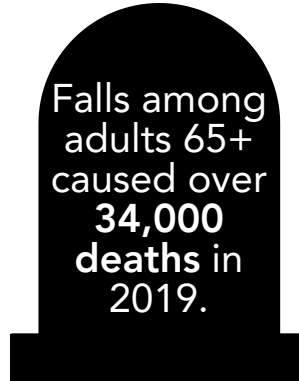
FALLS PREVENTION: SESSION 1



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 your facilitator asks 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 every Bingocizer has a chance to choose an answer, the facilitator will provide the correct answer. If you did not get the answer correct, place a checkmark next to the correct answer.

Mostly importantly, have fun!

Source: Centers for Disease Control and Prevention

FALLS PREVENTION: SESSION 1 CONTINUED



1 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



2 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



3 True or false: Fear of falling, even among those who haven't fallen before, may lead to more falls.

- a. True
- b. False



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



5 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

FALLS PREVENTION: SESSION 2

Last session's takeaway: **falling is not an inevitable result of aging.**

Today we will discuss:



Signs that you may be at risk for falls.



Tips for helping prevent falls.



What can happen if you do fall.

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

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

8

True or false: Falls are the most common cause of traumatic brain injury.

- a. True
- b. False

9

True or false: More than 95% of hip fractures are caused by falling.

- a. True
- b. False

10

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

FALLS PREVENTION: SESSION 3

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!

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

12

True or false: Medication side effects and interactions, like dizziness, can lead to falls.

- a. True
- b. False

13

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

14

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

15

True or false: Healthcare providers are encouraged to assess your falls risk and refer you to someone who can help.

- a. True
- b. False

FALLS PREVENTION: SESSION 4

Last session's takeaway: the importance of talking with your healthcare provider about your falls risk, especially to review your medications.

Today we will discuss: common conditions – such as depression and foot pain – that can increase your risk for falls and why it's important to discuss with your healthcare providers, including your pharmacist.

16 If you are 65+, your doctor should complete a falls screener every...

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

17 True or false: Symptoms of depression, such as not feeling well or feeling slowed down, are linked to falls.

- a. True
- b. False

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

19 True or false: An undiagnosed mental health condition is not going to affect my chance for falls.

- a. True
- b. False

20 True or false: Pharmacists are not trained to help reduce your falls risk.

- a. True
- b. False

FALLS PREVENTION: SESSION 5

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.

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

22 Where do approximately 75% of older adults fall?

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

23 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

24 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

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
- d. All of the above

FALLS PREVENTION: SESSION 6

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!

26

True or false: Outdoor mats can be useful to prevent falls.

- a. True
- b. False

27

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

28

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

29

True or false: Non-slip strips for hard floors can help prevent falls.

- a. True
- b. False

30

True or false: Motion sensing lights are not helpful to make sure rooms, stairs, and hallways are always bright enough.

- a. True
- b. False

FALLS PREVENTION: SESSION 7

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.

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

32

True or false: Adjustable blinds or vertical shades should not be used to adjust lighting levels and glare.

- a. True
- b. False

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

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

35

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

FALLS PREVENTION: SESSION 8

Today, we will continue learning more ways to modify our environment to help reduce falls. A good way to improve the safety of stairs is by adding colored tape.

36

True or false: Placing light switches at every doorway can decrease the risk of falls.

- a. True
- b. False

37

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

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

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 doorways when possible.
- c. Henry should move into another home.
- d. Henry should have these doorways marked with brightly colored tape or stickers.

40

Neil is having 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

FALLS PREVENTION: SESSION 9

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.

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

42

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 before stepping out
- d. All of the above

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

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.

45

True or false: the local fire department can help you reduce your chance of falls.

- a. True
- b. False

FALLS PREVENTION: SESSION 10

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!

46

Which of the following are fall hazards to watch for when walking outside on a sidewalk?

- a. Even pavement
- b. The curb
- c. Use a non-slip shower mat
- d. All of the above

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.

48

True or false: Having phones placed in different areas around the house can reduce your chance for falls.

- a. True
- b. False

49

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

50

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

FALLS PREVENTION: SESSION 11

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.

51

True or false: Physical activity and exercise are the same thing.

- a. True
- b. False

52

True or false: Physical activity should hurt and make you feel really tired, or it won't be effective.

- a. True
- b. False

53

True or false: Physical activity can't improve depression and anxiety because these are genetic conditions.

- a. True
- b. False

54

True or false: Blood flow to your brain decreases during physical activity because more oxygen is needed by your muscles.

- a. True
- b. False

55

True or false: Exercise can delay normal age-related cognitive decline, enhance memory, and improve mood.

- a. True
- b. False

FALLS PREVENTION: SESSION 12

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!

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

57 True or false: Muscle strengthening or resistance exercise should only be done once per week.

- a. True
- b. False

58 True or false: As you grow older, your brain increases in size because you are learning new things.

- a. True
- b. False

59 True or false: Bingocize® exercises can help improve your ability to reach for items such as dishes in the cabinet.

- a. True
- b. False

60 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

FALLS PREVENTION: SESSION 13

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 - with friends, family, or strangers in the community!



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

61

True or false: Wearing shoes with high heels does not increase falls risk as long as the heels are backless.

- a. True
- b. False

62

True or false: Walking in just your socks is a good way to prevent falls.

- a. True
- b. False

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

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

65

True or False: Loneliness increases your chance of future falls.

- a. True
- b. False

FALLS PREVENTION: SESSION 14

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.

66

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

67

True or false: Exercise is not effective unless I go to a gym.

- a. True
- b. False

68

True or false: Smoking and drinking alcohol have no effect on your risk for falls.

- a. True
- b. False

69

True or false: Dehydration can decrease your risk of falls.

- a. True
- b. False

70

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

FALLS PREVENTION: SESSION 15

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?
... have more energy?
... 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?
... speak to your provider about your falls risk?

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

72

True or false: Having trouble stepping onto a curb, or frequently tripping over curbs, are signs of weak leg muscles.

- a. True
- b. False

73

True or false: After age 65, you only lose strength and cannot gain muscle.

- a. True
- b. False

74

True or false: It is best to avoid bathroom trips in the middle of exercising.

- a. True
- b. False

75

True or false: If I limit my activities and stay home more often, I won't fall.

- a. True
- b. False

FALLS PREVENTION: SESSION 16

Sometimes people think eating healthy costs more money, but it doesn't need to. During our next two sessions, we will discuss ways we can save money and still make healthy choices at the grocery store. After today you can start to practice these budget-friendly shopping tips!

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*.

76

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

77

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

78

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

79

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

80

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

FALLS PREVENTION: SESSION 17

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.

81

Even a mild degree of hearing loss can _____ the risk of an accidental fall.

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

82

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

83

True or false: Hearing aids don't make a difference in balance.

- a. True
- b. False

84

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

85

True or false: Diamond has developed cataracts recently. Her cataracts will increase her chance for falls.

- a. True
- b. False

FALLS PREVENTION: SESSION 18

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.

86 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

87 True or false: Impaired vision increases your chances of falling by 25%.

- a. True
- b. False

88 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.

FALLS PREVENTION: SESSION 18 CONTINUED

89

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

90

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

FALLS PREVENTION: SESSION 19

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.

91 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

92 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

FALLS PREVENTION: SESSION 19 CONTINUED

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

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

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

FALLS PREVENTION: SESSION 20

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.

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

97

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

FALLS PREVENTION: SESSION 20 CONTINUED

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

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

100

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 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