

Project Title

Falls Prevention Community Education

Sponsoring Organizations

1. Full Circle Studios

Summary of Program

Why a *Community Presentation for Fall Prevention* program?

This program is part of a community-wide initiative to reduce the incidence and severity of falls among older adults living in the community in WNY. This program is intended to raise awareness about ways to mitigate risks. It is intended for older adults living in the community, family members and other care providers.

Learning Objectives

After completing this program, participants will be able to:

1. Describe the frequency of falls among older adults living in the community, and the consequences of such falls, including death, disability, nursing-home admission and loss of independence.
2. Identify the leading causes of falls among older adults living in the community and ways to reduce risks
3. Offer ideas about how to promote fall prevention efforts to others in the community

Program Timing

The intended length of this program is one hour. It is highly recommended that a second one-hour follow-up session be conducted with the same audience 30 to 60 days after the initial session.

Number of Participants

This audience for this program should have at least 20 participants and could accommodate up to 50.

Instructor Preparation

This presentation should be done with two facilitators: a primary presenter and a supporting facilitator. It is fine to alternate roles so each person takes a turn in each role, based on their background, experience and specific skills. The supporting facilitator will be responsible for things like scribing on the flipchart and marking the scorecard for the game show. One presenter should have a clinical background (e.g., Physical Therapy) so that he or she can facilitate the exercise portion of the program.

Toolkit Components

1. Leader Guide describing the program and activities
2. PowerPoint Presentation utilized for the program