

Increasing Awareness of Fall Prevention Ideas for Activities and Events

- Distribute Minnesota Fall Prevention Handouts
<http://www.mnfallsprevention.org/>
- Set up tables or displays on falls prevention and physical activity. Provide information on where to exercise locally and the benefits of physical activity.
- Print placemats for dining tables with fall prevention messages.
http://www.stopfalls.org/FPweek/files/FPAW_placemat.pdf
<http://www.stopfalls.org/FPweek/files/SantaBarbaraPlacemat.pdf>
- Host a contest for best fall prevention poem.
- Offer a Tai Chi demonstration.
- Ask exercise leaders to incorporate fall prevention information into their sessions.
- Offer screenings for fall risk factors including:
 - Vision exams
 - Balance and gait testing
 - Blood pressure checks
 - Have a podiatrist offer foot exams
 - Medication review
- Partner with students to provide fall risk screenings. Physical Therapy, Occupational Therapy, Pharmacy, Nursing, Physician Assistant students make great partners.
- Have a Physical Therapist talk about proper use of assistive devices.
- Invite an audiologist to talk about hearing and dizziness.
<http://speech-language-pathology-audiology.advanceweb.com/Multimedia/Cover-Story/Fall-Prevention.aspx>
- Organize a medication take back event in which older adults can rid themselves of old/unused medications.
- Distribute vision impairment information and resources. Conduct eyewear cleanings.
- Set up booths at local businesses (e.g. Lowe's, Wal-Mart, Home Depot) with information and highlight products in the store that can reduce falls.

- Arrange a “Sloppy Slipper Swap” and give out safe slippers in return for old, unsafe ones. The aim of this is to ensure that old slippers are brought to the event and exchanged for a pair that is not only comfortable but properly fit. The fitting process allows a podiatrist the opportunity to check for foot health, other health conditions, balance and mobility and the person’s home situation. If necessary a referral can be made to other agencies who might also be able to provide help in reducing the risk of falls.
- Organize a walk (possibly with a neighborhood walking group):
 - Conduct a walkability audit
 - Make/carry signs
 - Write a slogan or chant to say while walking
 - Write down areas where sidewalks are cracked or other hazards exist and send the list to Public Works
- Consider giving out: Nightlights, Non-skid strips for bathtubs and showers, Double-sided tape for throw rugs, Garbage bags for clutter removal.
- Have a “Fall Prevention Quiz” during lunchtime with a prize for the person who comes up with the most ideas for lowering fall risk.
- Play Fall Prevention Bingo
<http://www.stopfalls.org/FPweek/bingo.shtml>
- Show the Speak Up video on reducing the risk of falls. The video provides viewers with easy to understand safety tips to help reduce their chances of falling.
- http://www.jointcommission.org/joint_commission_releases_new_video_on_risk_falls/
- Debunk the myths of older adult falls. To promote greater awareness and understanding discuss 10 common myths—and the reality—about older adult falls.
<http://www.ncoa.org/improve-health/falls-prevention/debunking-the-myths-of-older.html>
- Show a video to learn what to do if you fall.
<http://www.learnnottofall.com/content/what-if-i-fall.jsp>
- Organize a 12 Weeks of NO Falls Challenge
<http://www.nofalls.info/>
- Feel Well Bus – Falls Prevention Team offers advice and screenings at a variety of locations.
http://www.wigantoday.net/news/health/free_tests_aim_to_spot_early_sight_problems_1_3478320