Fending off falls

facilitator guidebook

*“If you worried about falling off the bike, you’d never get on”.” -Lance Armstrong*

Dear Fending Off Falls Program Facilitator,

Welcome to Fending Off Falls, a multi-session fall prevention program powered by Masterpiece. This program is structured to address multiple factors that contribute to fall risk. Topics include physical health, internal risk factors and social and environmental awareness.

To begin, we ask that you take a few minutes to review this Facilitator Guidebook from start to finish. You will find helpful instructions to prepare for each session, such as what materials and equipment you will need, as well as suggestions for creatively enhancing this program based on individual needs and interests.

Masterpiece recognizes that information on the topic of fall prevention is constantly evolving. Because of this, there is a great deal of information and opinions that can make it hard to evaluate fact from fiction. Masterpiece is committed to providing you with up-to-date research-based guidelines and recommendations from credible sources.

This program will encourage participants to focus on physical movement as a strategy for fall prevention. **Be sure to remind participants to check with their doctor when starting a new exercise program.**

**On behalf of your Masterpiece Team, welcome to Fending Off Falls!**

# Preparing for Fending Off Falls

**What You Will Need:**

* A strong Internet connection (if streaming)
* A projector and large screen or TV screen
* Audio hookup for computer (to viewing source)

**Before each session:**

* Review the appropriate section(s) of the Facilitator Guidebook, participant handout packets for your session, and PowerPoint presentation. (It’s helpful to print packets before each session.)
  + Speaker’s notes are included in the notes section of the PowerPoint for each session. Read through the text several times to familiarize yourself with the content. All text in bracketed italics are detailed instructions provided for you, the facilitator. All statements and questions italicized without brackets are designed to encourage audience participation. When the italicized instructions state that you ask a question, pose the question(s) to your participants. For small groups, participants can answer out loud to the entire group. For groups of 10 or more, consider asking participants to discuss the questions in groups of two, then requesting a few examples to keep the sessions to 45 minutes.
* Set up audio/visual equipment and chairs in a way that invites discussion.
* Prepare suggested materials and equipment and make them available ahead of time. Two physical exercises are included in each session. Before the session, decide if it’s best to watch the exercise videos and demonstrate or have participants try them during the session. Another option is to set up a different time for participants to practice the exercises. The handout packets include instructions for each exercise. If participants feel comfortable performing them on their own, they can practice the exercises throughout the week.
* Each session in the facilitator guide has a “Supportive Resources and Ideas” section. You can choose to add the activities or videos to the session, to schedule for a different day, between sessions, or as additional sessions at the end of the program. You may also choose not to use the additional resources.

# 1st Session: Prevent Falls by Moving More

**Objectives/Overview:**

1. Recognize the prevalence and consequences of a fall.
2. Identify the types of physical activity that support independence.
3. Examine the aspects of quality shoes.

**Materials:**

* A copy of the following for each participant:
  + Pre-program questionnaire
  + 1st Session Handout Packet
  + Optional: A monthly calendar that includes your organization’s fitness options
* Timer

**Supportive Resources and Ideas:**

* Schedule additional exercise sessions throughout the month using these Go4Life workouts:
  + [6 Upper Body Strength Exercises](https://go4life.nia.nih.gov/sample_workout/6-upper-body-strength-exercises/) (15 minutes)
  + [4 Lower Body Strength Exercises](https://go4life.nia.nih.gov/sample_workout/4-lower-body-strength-exercises/) (10 minutes)
  + [3 Balance Exercises](https://go4life.nia.nih.gov/sample_workout/3-balance-exercises-older-adults/) (8 minutes)
  + [6 Flexibility Exercises](https://go4life.nia.nih.gov/sample_workout/6-flexibility-exercises-older-adults/) (18 minutes)
  + [4 Flexibility and Cool Down Exercises](https://www.youtube.com/watch?v=kCQ6irSQwYA&list=PLmk21KJuZUM4HTrJ7hrJ8yxhToKkJT8a8&index=4) (11 minutes)
* Create an additional session with a Shoe Specialist or plan a visit to a quality shoe store for residents to try on appropriately fitting shoes.

# 2nd Session: Create the Right Environment

**Objectives/Overview:**

* Build awareness of fall risks around the home and community.
* Create solutions to lower fall risk in your home and community.
* Evaluate the best way to get up from the ground.

**Materials:**

* A copy of the following for each participant:
  + 2nd Session Handout Packet
* 5 lb. and 8 lb. dumbbells for the arm curl demonstration
* Cone/marker for the 8-foot up and go demonstration
* Timer

For slides 22-30, choose from the options below based on the make-up of your group. The Fall Hazard Home Checklist found in the participant packet can be used during this time.

1. Show the group each slide and ask participants to identify 3 potential risks/solutions for each area (without using the checklist).
2. Connect pairs or small groups and assign a room to each group. The group will identify all potential risks they can think of in 2-3 minutes (without using the checklist) for that room/area. Have each group share a few risks they thought of as you move through the 8 slides.
3. Refer participants to the Home Fall Hazard Checklist, look through it briefly as a group, then spend the time in conversation around examples of external hazards and risks they might have one time experienced in their homes or yards. Show the related picture slide as you move from section to section.

Encourage participants to use the checklist in their home, adding comments or solutions if they find a hazard.

**Supportive Resources and Ideas:**

* Schedule short sessions on the monthly calendar for supervised practice sessions getting up from the ground. Short tips and inspirational stories could be shared at the beginning of each practice session.
* Consider asking participants to identify fall risks in your immediate community. Work as a group or in teams.
* Ask PT/OT/ Fitness to lead a Fending Off Fall session, add their own session to the class, lead an exercise session that supports decreasing fall risk, or talk about the services they offer related to fall prevention.
* Create a Campaign to promote community wide participation in Home Fall Hazards Checklist.
  + Checklist Check-In with a friend/neighbor/building.
  + Create a Home Fall Hazard Bingo game with items from the checklist. Can be completed individually and turned in or completed in a group game.
* View a life-like portrayal video summarizing key points for fall risk in the home.
  + Fall Prevention in the Home, Changes for Healthy Living - Texas A&M AgriLife Extension, Judith Warren and Andrew Cocker (15:45 minutes) <https://www.youtube.com/watch?v=m7c2b3tpPWo>
* View an informative short video highlighting what one orthopedic trauma surgeon, who had a catastrophic fall down her home stairs at the age of 30, did by pulling groups together to help one community installing grab bars and more to decrease fall risks among older adults living in their homes.
  + Transforming the Impact of Falls – Dr. Carmen Quatman. Fall Prevention in the Home, Changes for Healthy Living - Texas A&M AgriLife (10 minutes) <https://www.ted.com/talks/carmen_quatman_transforming_the_impact_of_falls>
* Create another session to this program, playing short videos with Physical Therapists demonstrating different ways to get up from the ground on YouTube/other videos. Watch and practice these is a supervised session. Example:
  + How to Get Up from the Floor After Falling, Safely! – Bob Schrupp and Brad Heineck, Physical Therapists (8:35 minutes) <https://www.youtube.com/watch?v=Purjjqxwrhg>

# 3rd Session: Know Your Internal Risk Factors

**Objectives/Overview:**

* Participate in a fall history questionnaire to identify internal fall risk factors.
* Explore internal risk factors that may contribute to falls.
* Develop a prevention plan to address internal fall risk factors and reduce fall risk.

**Materials:**

* A copy of the following for each participant:
  + 3rd Session Handout Packet
* Timer

**Supportive Resources and Ideas:**

* Invite an expert such as a pharmacist, optometrist or ophthalmologist to speak to participants about local resources for medication management or vision impairment.
* Add an extra session to Fending Off Falls and show this TED Talk.
  + Title: Fixing My Gaze”. (17:04 minutes)  
    Description: After a lifetime of being cross-eyed and stereo blind, Barry participated in optometric vision therapy and learned first-hand about the plasticity of the adult brain.  
    Link: <https://www.youtube.com/watch?v=XCCtphdXhq8>
* Encourage participants (or use community devices) to bring in their iPhones or iPads and download VisionSim (3.0) by Braille Institute. It’s an app for iPhones and iPads developed to allow people with healthy vision to see the world through the eyes of a person experiencing one of nine degenerative eye diseases.
* Show a video discussing the importance of tending to eye changes immediately, and new techniques for arresting change. Macular Degeneration – What to Do to Save your Sight, by Professor Tariq Aslam, PhD in 2019 (12:50 minutes) <https://www.youtube.com/watch?v=iVF5_Bo2LpY>

# 4th Session: Be Mindful of Your Actions

**Objectives/Overview:**

* Determine distractions that can increase our chance of falling and learn techniques to be mindful of our movements.
* Acknowledge potentially ageist behavior and resolve ways to accept and support others.
* Develop strategies for overcoming the fear of falling.

**Materials:**

* A copy of the following for each participant:
  + Post-program questionnaire
  + 4th Session Handout Packet
* Countertop or sturdy chairs for Single-Leg Balance exercise (Participants will each need to have access to the back of a stable countertop or chair for support.)
* A timer
* Enough tennis or Thera-band balls for each participant if presenting Grip Strength exercise

**Supportive Resources and Ideas:**

* Schedule additional sessions throughout the month to work on dual-tasking exercises for balance and endurance. Here are some suggestions. Have participants...
  + Stand with eyes closed while listing states on the East Coast. Or do the same activity while balancing on one leg.
  + March in place while counting backward by 5, starting at 100.
  + Stretch while focusing on breathing by practicing gentle [Tai Chi](https://www.youtube.com/watch?v=pa_I5NAOW4k) (20 minutes), [Chair Yoga](https://www.youtube.com/watch?v=XMps5-PIJHA) (10 minutes) or [Standing Yoga](https://www.youtube.com/watch?v=NDLad2vOHkU) (7 minutes).
* Schedule additional exercise sessions for balance, strength, power, and flexibility by hosting classes at your community or incorporating selected videos from [SilverSneakers](https://www.youtube.com/c/silversneakers/videos).
* Practice the Grip Strength exercise as a class. Bring several analog scales and have participants test their grip strength using their right and left hands. Encourage participants to record results and repeat regularly.