

Falls Prevention, Part 1 - Workshop Plan	
Learning Objectives:	Participants will be able to <ul style="list-style-type: none"> Identify 5 potential hazards that might increase the risk of falling and be able to identify one method for preventing each potential hazard Briefly describe postural hypotension including its potential symptoms Identify a minimum of three methods for managing low blood pressure identify a minimum of five potential strategies for preventing falls within the home
Time: (min)	Workshop Details
2	Workshop Sign-In <ul style="list-style-type: none"> Circulate the Workshop Sign-In Sheet while everyone is getting settled and during the introductions for the workshop Prior to the start of the workshop, place a Falls Prevention, Part 1 - Workshop Guide on every desk/wherever participants will be seated Starter Activity [Slide 2] <ul style="list-style-type: none"> Participants should complete the “Keeping your home safe?” quiz on the first page of your Workshop Guide
2	<ul style="list-style-type: none"> After the starter activity, review the Agenda and Learning Objectives for the workshop [Slide 3, Slide 4] indicate that the learning outcome for each slide will be located at the bottom of that slide [Slide 5] encourage participants to complete their Falls Prevention, Part 1 - Workshop Guide during the workshop as this will provide them with a useful resource [Slide 6] following these introductory slides, the facilitator will work through the PowerPoint slides with the participants, engaging the group in participant-centric activities while they complete the Falls Prevention, Part 1 - Workshop Guide
17	Part 1 - Preventing a Fall Before it Happens [Slides 7-9] <ul style="list-style-type: none"> Encourage participants to review their “Keeping your home safe” quiz on the first page of their Falls Prevention, Part 1 - Workshop Guide <ul style="list-style-type: none"> they should review each section and identify any major problem areas or patterns in their responses Direct the participants to work in groups of 3-4 (their table groups) and share their major problem areas or patterns with their group and identify any common areas shared amongst them <ul style="list-style-type: none"> they should then select one question per heading and come up with a solution to each problem that they can all implement to help prevent a potential fall they should record their ideas in their Falls Prevention, Part 1 - Workshop Guide They will have 15 minutes to complete this task - use the timer provided on Slide 9
10	Part 2 - Postural Hypotension [Slides 10-16] <ul style="list-style-type: none"> Ask the lead in question, “What is postural hypotension?” and then review Slide 11 <ul style="list-style-type: none"> You can either choose to briefly summarize the slide yourself or have volunteers read the bullet points to the rest of the group. <ul style="list-style-type: none"> The recommendation is to always be as participant-centric as possible and engage the participants in as much of the learning process as possible. encourage participants to complete the appropriate section of their Falls Prevention, Part 1 - Workshop Guide Direct participants to work the person beside them to discuss the following question and record their ideas in their Falls Prevention, Part 1 - Workshop Guide [Slide 12] <ul style="list-style-type: none"> What can you do to manage low blood pressure?

5	<ul style="list-style-type: none"> ● Review Slides 13-16 <ul style="list-style-type: none"> ○ To review the material covered on the slide, you can either choose to briefly summarize the slide yourself or have volunteers read the bullet points to the rest of the group. <ul style="list-style-type: none"> ■ The recommendation is to always be as participant-centric as possible and engage the participants in as much of the learning process as possible. ○ encourage participants to complete the appropriate section of their Falls Prevention, Part 1 - Workshop Guide <p>Part 3 - Additional Strategies to Avoid Falls [Slides 17-21]</p> <ul style="list-style-type: none"> ● Review Slides 18-21 <ul style="list-style-type: none"> ○ To review the material covered on the slide, you can either choose to briefly summarize the slide yourself or have volunteers read the bullet points to the rest of the group. <ul style="list-style-type: none"> ■ The recommendation is to always be as participant-centric as possible and engage the participants in as much of the learning process as possible. ○ encourage participants to complete the appropriate section of their Falls Prevention, Part 1 - Workshop Guide
5	<p>Cool-down Activity [Slide 22]</p> <ul style="list-style-type: none"> ● Direct participants to review their “Keeping your home safe” quiz from the starter activity and the solution they came up with as a group to correct any problem areas in your Falls Prevention, Part 1 - Workshop Guide ● Participants should create an action plan where you indicate 3 changes that you can implement in the next day, in the next week and in the next month, that will help you prevent a fall before it happens <ul style="list-style-type: none"> ● this should be completed in their Falls Prevention, Part 1 - Workshop Guide
<p>Resources:</p> <ul style="list-style-type: none"> ● Falls Prevention, Part 1 - Facilitation Guide ● Falls Prevention, Part 1 - Presentation ● Falls Prevention, Part 1 - Workshop Plan ● Falls Prevention, Part 1 - Workshop Guide ● Workshop Sign-In Sheet ● Workshop Evaluation Form <p>Other Resources Needed:</p> <ul style="list-style-type: none"> ● pens/pencils ● tables ● chairs 	