

## Falls Prevention, Part 2 Workshop Guide

### Starter Activity - Are you at risk of falling?

Check YES or NO for each statement below. You will complete the RIGHT side of the chart later in the workshop.

	YES	NO	How to lower your risk of falling
Have you fallen in the last 6 months?			
Do you use, or have you been advised to use, a cane or walker to get around safely?			
Do you sometimes feel unsteady when you are walking?			
Do you have to steady yourself by holding onto the furniture when walking at home?			
Do you worry about falling?			
Do you need to push yourself up with your hands to stand up from a chair?			
Do you have trouble stepping up onto a curb?			
Do you often have to rush to the toilet?			
Have you lost any feeling in your feet?			

Do you take medication to help you sleep or improve your mood?			
Do you take medication that sometimes makes you feel lightheaded or more tired than usual?			
Do you often feel sad or depressed?			
Do you have difficulty avoiding hazards in your path because you don't see well?			

**Reducing Your Risk of Injuries at Home**

Consider the stairways you might have in your home or place of work.

How can you improve these areas to better help support yourself or those who might find using these stairs difficult? Record your responses in the space provided below.

When you have recorded your ideas, compare your responses with the person beside you and evaluate any ideas that you did not initially consider. Make adjustments to your response as needed.

## Preventing Falls on Stairs

Complete the fill-in-the-blanks below with the appropriate keywords.

How can we reduce the risk of falls on stairs?

- \_\_\_\_\_ visually distracting patterns on the tread (horizontal part of the step) which can make it difficult to distinguish one step from another
- If the \_\_\_\_\_ of the stairs cannot be clearly seen, mark them by painting a permanent strip on the edge in a contrasting colour
- Improve the \_\_\_\_\_ on the steps and stairs
  - low-intensity night-lighting
  - a switch at the top and bottom of the stairs
- Keep any stair \_\_\_\_\_ thin and tightly affixed to maximize useable tread space
  - avoid soft treads with a large rounding at the edge
- Remove any objects or loose rugs on steps, landings or at the top and bottom of the stairway
- Use a \_\_\_\_\_, rough finish on stairs that are prone to getting wet
- For winding or curved stairs, provide a \_\_\_\_\_ on both sides of the stairway, regardless of the number of steps
  - ensure that the handrail extends beyond the top and bottom of the stairs
- If renovating, allow for ample tread space and a gentle rise (height of the step) and make sure all steps are uniform in size and height

Most importantly...

- Always be cautious, \_\_\_\_\_ and not rushed
- Hold onto handrails, wear shoes or slippers that fit properly and have a non-slip sole

## **Activities of Daily Living**

Another great resource for other common daily activities can be found here:

<https://melioguide.com/health-guides/activities-of-daily-living/>

Examples of activities listed:

- raking leaves
- shovelling and weeding in the garden
- mowing your lawn
- shovelling the snow

## **Cool-down Activity**

Review your “Are you at risk of falling?” quiz from the starter activity.

For any of the questions that you answered “YES”, complete the RIGHT side of the chart, “How to lower your risk of falling”.

Create an action plan for lowering your risk of falling around your home. This can be done by sorting which areas are of a higher priority than others and creating a list of the 5 most important changes you can make to lower your risk of falling.