

Falls Prevention, Part 1 - Workshop Plan	
Learning Objectives:	Participants will be able to - 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 - 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] - Participants should complete the “Keeping your home safe?” quiz on the first page of your Workshop Guide
2	- 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] - Encourage participants to review their “Keeping your home safe” quiz on the first page of their Falls Prevention, Part 1 - Workshop Guide - 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 - 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] - Ask the lead in question, “What is postural hypotension?” and then review Slide 11 - You can either choose to briefly summarize the slide yourself or have volunteers read the bullet points to the rest of the group. - 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] What can you do to manage low blood pressure?

5	● Review Slides 13-16 ○ 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. ■ 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 Part 3 - Additional Strategies to Avoid Falls [Slides 17-21] ● Review Slides 18-21 ○ 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. ■ 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	Cool-down Activity [Slide 22] ● 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 ● this should be completed in their Falls Prevention, Part 1 - Workshop Guide
Resources: ● 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 Other Resources Needed: ● pens/pencils ● tables ● chairs	