

| Falls Prevention, Part 2 - Workshop Plan |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
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| Learning Objectives:                     | <p>Participants will be able to</p> <ul style="list-style-type: none"> <li>Assess your personal risk of falling and identify strategies for preventing falls within the home</li> <li>Identify a minimum of three methods for preventing falls on stairs in the home</li> <li>Demonstrate, using good posture, the ability to implement proper body mechanics independently while executing different common daily activities to encourage active living</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| Time: (min)                              | Workshop Details                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| 2                                        | <p><b>Workshop Sign-In</b></p> <ul style="list-style-type: none"> <li>Circulate the <b>Workshop Sign-In Sheet</b> while everyone is getting settled and during the introductions for the workshop</li> <li>Prior to the start of the workshop, place a <b>Falls Prevention, Part 2 - Workshop Guide</b> on every desk/wherever participants will be seated</li> </ul> <p><b>Starter Activity [Slide 2]</b></p> <ul style="list-style-type: none"> <li>Participants should complete the “Are you at risk of falling?” quiz in their <b>Falls Prevention, Part 2 - Workshop Guide</b></li> <li>They should only complete the LEFT side of the chart, checking YES or NO for each statement <ul style="list-style-type: none"> <li>They will return to this chart during the Cool-down Activity</li> </ul> </li> </ul>                                                                                                                                                                                                                                                                                                                                                               |
| 2                                        | <ul style="list-style-type: none"> <li>After the starter activity, review the Agenda and Learning Objectives for the workshop [Slide 3, Slide 4]</li> <li>indicate that the learning outcome for each slide will be located at the bottom of that slide [Slide 5]</li> <li>encourage participants to complete their <b>Falls Prevention, Part 2 - Workshop Guide</b> during the workshop as this will provide them with a useful resource [Slide 6]</li> <li>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 <b>Falls Prevention, Part 2 - Workshop Guide</b></li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| 7                                        | <p><b>Part 1 - Preventing Falls on Stairs [Slides 7-13]</b></p> <ul style="list-style-type: none"> <li>Encourage participants to consider the stairways they might have in their home or place of work.</li> <li>In their <b>Falls Prevention, Part 2 - Workshop Guide</b>, direct the participants to respond to how they can improve these areas to better help support themselves or those who might find using these stairs difficult?</li> <li>Encourage participants to compare their responses with the person beside them and evaluate any ideas that they did not initially consider.</li> <li>Review how to prevent falls on stairs with the participants by briefly summarizing the slides yourself or have volunteers read the bullet points to the rest of the group</li> <li>The recommendation is to always be as participant-centric as possible and engage the participants in as much of the learning process as possible.</li> <li>Encourage everyone to complete the appropriate fill-in-the-blank section of their <b>Falls Prevention, Part 2 - Workshop Guide</b> to complete the information for their own record and highlight the key terms.</li> </ul> |
| 12                                       | <p><b>Part 2 - Daily Movement Tips [Slides 14-23]</b></p> <ul style="list-style-type: none"> <li>Encourage participants to discuss the everyday activities of walking, sitting and standing and assess how they think about these activities [Slide 15]</li> <li>This section of the workshop is primarily reviewing concepts and then allowing participants to put these concepts into practice - most slides will require engaging the participants in reading the content and then providing an opportunity to work individually or in small groups to ensure they are implementing safe movement practices effectively</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |

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| 5                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | <ul style="list-style-type: none"> <li>● Play the video on Moving between Standing and Sitting [2:59] [Slide18] <ul style="list-style-type: none"> <li>○ encourage participants to follow along with the instructions</li> </ul> </li> <li>● Play the video on the Hip Hinge [3:48] [Slide 21] <ul style="list-style-type: none"> <li>○ encourage participants to follow along with the instructions</li> </ul> </li> <li>● Play the video on Safe Lifting and Carrying [2:53] [Slide 22] <ul style="list-style-type: none"> <li>○ encourage participants to follow along with the instructions</li> </ul> </li> </ul> <p><b>Part 3 - Assistive Devices [Slides 24-30]</b></p> <ul style="list-style-type: none"> <li>● Engage participants in a brief discussion about their knowledge of what assistive devices are and their experiences with these devices</li> <li>● Briefly review the definition of assistive devices and some of the common examples of assistive devices [Slides 25-28]</li> <li>● Review what participants should consider before purchasing an assistive device and whether it might be a good fit for their lifestyle. [Slides 29-30]</li> </ul> |
| 5                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | <p><b>Cool-down Activity [Slide 31]</b></p> <ul style="list-style-type: none"> <li>● Direct participants to review their “Are you at risk of falling?” quiz in their <b>Falls Prevention, Part 2 - Workshop Guide</b></li> <li>● For any questions they answered “YES”, they should respond with how they could reduce their risk of falling by completing the RIGHT side of the chart in the starter activity of their <b>Falls Prevention, Part 2 - Workshop Guide</b></li> <li>● Participants should then create an action plan for implementing their ideas for reducing their risk of falling around their home in the Cool-down Activity section of their <b>Falls Prevention, Part 2 - Workshop Guide</b></li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| <p><b>Resources:</b></p> <ul style="list-style-type: none"> <li>● Falls Prevention, Part 2 - Facilitation Guide</li> <li>● Falls Prevention, Part 2 - Presentation</li> <li>● Falls Prevention, Part 2 - Workshop Plan</li> <li>● Falls Prevention, Part 2 - Workshop Guide</li> <li>● Workshop Sign-In Sheet</li> <li>● Workshop Evaluation Form</li> </ul> <p><b>Other Resources Needed:</b></p> <ul style="list-style-type: none"> <li>● pens/pencils</li> <li>● tables</li> <li>● chairs</li> <li>● wooden dowels or PVC pipe - having a handful of these might help participants with the hip hinge activity</li> </ul> |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |