

FALL PREVENTION AWARENESS: ENHANCED TRAINING CURRICULUM FOR HOME HEALTH AIDES

Session 1: Recognizing Risk Factors for Falling

NAME: _____ DATE: _____

Please read the following statements and circle the answer you think is correct.

1. As people get older, they are certain to fall at some point.	True	False
2. The majority of falls <i>resulting in death</i> for elders happen inside the home.	True	False
3. It is not possible to slow the weakening of bones and muscles.	True	False
4. When older people are afraid of falling, they do more activities, like walking and simple exercises.	True	False
5. Sometimes taking vitamins or herbal supplements can increase an elder's risk of falling.	True	False
6. Returning home after a stay in the hospital or long term care facility can increase the risk of falling.	True	False
7. You will <i>always</i> see signs of traumatic brain injury (TBI) right after a fall.	True	False
8. You can help your client avoid falls outside the home when you point out cracks and uneven sidewalks.	True	False
9. Pets sometimes increase an elder's chance of falling.	True	False
10. An older person who is afraid of falling has a lower risk of falling.	True	False