

## 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 |

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### Session 1: Recognizing Risk Factors for Falling

#### ANSWER SHEET

|   |      |       |
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| 10. An older person who is afraid of falling has a lower risk of falling.                                   | True | False |

## FALL PREVENTION AWARENESS: ENHANCED TRAINING CURRICULUM FOR HOME HEALTH AIDES

### Session 2: Enhancing Skills to Address Risk Factors

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

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

|   |      |       |
|---|------|-------|
| 1. You should call 911 if your client says that she is in pain after a fall.  | True | False |
| 2. You can help your client prevent falls by getting him to walk around more.   | True | False |
| 3. People only worry about falling after they have a fall.  | True | False |
| 4. You do not have to report a fall that you had on the way to your assigned case.  | True | False |
| 5. You do not have to record and report small changes in your client's condition after they have a fall.  | True | False |
| 6. If you fall, you should call your supervisor only if you are bleeding or in great pain.  | True | False |
| 7. To prevent falls, you should not talk to your client about her fear of falling.  | True | False |
| 8. After a fall, it is important to get up quickly.   | True | False |
| 9. You do not have to report a client's fall that happened before you arrive for your assignment.   | True | False |
| 10. Circle the question (below) that you think is open-ended.<br><br>a) Did you go outside yesterday?<br>b) How do you feel about walking today?<br>c) Do you want to wear your brown shoes or black shoes? |      |       |

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### Session 2: Enhancing Skills to Address Risk Factors

#### ANSWER SHEET

|   |      |       |
|---|------|-------|
| 1. You should call 911 if your client says that she is in pain after a fall.  | True | False |
| 2. You can help your client prevent falls by getting him to walk around more.   | True | False |
| 3. People only worry about falling after they have a fall.  | True | False |
| 4. You do not have to report a fall that you had on the way to your assigned case.  | True | False |
| 5. You should record and report even small changes in your client's condition after they have a fall.   | True | False |
| 6. If you fall on the job, you should call your supervisor only if you are bleeding or in great pain.   | True | False |
| 7. You should talk to your client about her fear of falling, to help prevent falls.   | True | False |
| 8. After a fall, it is important to get up quickly.   | True | False |
| 9. If your client falls before you arrive for your assignment, you do not have to report it.  | True | False |
| 10. Circle the question (below) that you think is open-ended.<br><br>a) Did you go outside yesterday?<br>b) How do you feel about walking today?<br>c) Do you want to wear your brown shoes or black shoes? |      |       |