



FALLS PREVENTION - SESSION 1

Falls are the leading cause of fatal and nonfatal injuries for older Americans. Falls threaten older adults' safety and independence and generate enormous economic and personal costs. Falling is not an inevitable result of aging.

Throughout the game of Bingocize[®], you will be asked to read and answer some questions. When the leader asks the question, please circle the letter of the answer you believe is correct. It's ok if you don't know the answer. You will not be penalized.

Your leader will provide the correct answer after everyone has a chance to choose an answer. If you did not get the answer correct, place a checkmark next to the correct answer.

Source: Centers for Disease Control and Prevention 2021

QUESTION 1: The leading cause of fatal injury among older adults is....

- a. Car wrecks
- b. Falls
- c. Walking across the street
- d. None of the above

QUESTION 2: Falls are just a part of the aging process, and there is nothing I can do about it.

- a. True
- b. False

QUESTION 3: Fear of falling, even among those who haven't fallen before, may lead to more falls.

- a. True
- b. False

QUESTION 4: People who have a moderate to high risk for falling may reduce their risk by:

- a. Medication management
- b. Increasing physical activity
- c. Home safety improvement
- d. All of the above

QUESTION 5: Which of the following may indicate you have a balance problem?

- a. Feeling unsteady
- b. Feeling lightheaded
- c. Blurred vision
- d. All of the above



FALLS PREVENTION - SESSION 2

During today's session, we'll discuss some signs that you may be at risk for falls, provide some tips for helping prevent falls, and remind you about some of the bad things that can happen if you do fall.

Source: National Council on Aging, 2018

QUESTION 6: Which of the following tips can help you prevent falls?

- a. Find a balance and exercise program
- b. Talk to your health care provider
- c. Get your vision and hearing checked annually
- d. All of the above

QUESTION 7: Steadying yourself on furniture as you walk or stand up does not mean you are at risk for falls.

- a. True
- b. False

QUESTION 8: Falls are the most common cause of traumatic brain injury.

- a. True
- b. False

QUESTION 9: More than 95% of hip fractures are caused by falling.

- a. True
- b. False

QUESTION 10: Which of the following are risk factors for falling?

- a. Blood pressure dropping when you get up quickly from a lying or sitting position
- b. Confusion from waking up in an unfamiliar environment
- c. Muscle weakness
- d. All of the above



FALLS PREVENTION - SESSION 3

In the past, the health care provider typically took the lead, and the patient followed. Today, a good patient-health care provider relationship is more of a partnership. You and your doctor can work as a team, along with nurses, physician assistants, pharmacists, and other healthcare providers, to manage your medical problems and keep you healthy. Your healthcare providers can assess your falls risk and review your medications.

Source: National Council on Aging, 2018

QUESTION 11: Which of the following are ways your health care provider can help manage medications to reduce your falls risk?

- a. Stop medications when possible.
- b. Switch to safer alternatives
- c. Reduce medications to the lowest effective dose
- d. All of the above

QUESTION 12: Medication side effects and interactions, such as dizziness, can lead to falls.

- a. True
- b. False

QUESTION 13: Which of the following types of medication can cause dizziness, sedation, confusion, blurred vision, or getting dizzy when you stand up?

- a. Antihistamines
- b. Muscle relaxants
- c. Medications affecting blood pressure
- d. All of the above

QUESTION 14: Chronic conditions, such as heart disease and diabetes, lead to poor health outcomes, but increased falls is not one of those possible outcomes.

- a. True
- b. False

QUESTION 15: Health care providers are encouraged to assess your falls risk and refer you to someone who can help.

- a. True
- b. False



FALLS PREVENTION - SESSION 4

You may not feel the benefits yet, but you are already getting stronger, and your balance is getting better! Today we will review the information we covered in session 3. Remember your healthcare providers can assess your falls risk and review your medications. Also, enlist the help of your family members. Today, we will talk about some common conditions, such as depression and foot pain, that can increase your risk for falls and why it's important to discuss with your health care providers, including your pharmacist.

Source: National Council on Aging, 2018

QUESTION 16: People who are 65 or older should have their health care provider complete a falls screener every....

- a. 2 years
- b. 1 year
- c. 3 years
- d. 6 months

QUESTION 17: Symptoms of depression, such as not feeling well or feeling slowed down, are linked to falls.

- a. True
- b. False

QUESTION 18: Nia is experiencing foot pain in one foot and numbness in the other, but the pain and numbness will not increase her likelihood of falling.

- a. True
- b. False

QUESTION 19: An undiagnosed mental health condition is not going to affect my chance for falls.

- a. True
- b. False

QUESTION 20: Pharmacists are not trained to help reduce your falls risk.

- a. True
- b. False



FALLS PREVENTION - SESSION 5

Today we're going to begin looking at some of the areas in your home that are the most likely fall risks and ways that you can start to make some changes to your environment to reduce your fall risk...checking your floors, updating your lighting, and getting rid of clutter are just a few things we'll discuss.

QUESTION 21: Which of the following is a helpful way to avoid falls and injuries?

- a. staying physically active
- b. having your eyes and ears tested
- c. making sure you get enough sleep
- d. All of the above

QUESTION 22: Where do approximately 75% of older adults fall?

- a. In or near the home
- b. At social events
- c. While exercising
- d. At work

QUESTION 23: What are the three most common problem areas for falls in and around your home?

- a. Garage, entrance, and living room
- b. Garden, living room, and kitchen
- c. Steps to entrances, inside stairs, and unsafe bathrooms
- d. Living room, laundry room, and kitchen

QUESTION 24: Which of the following can help you better see when walking up and down stairs?

- a. Using reflective tape on the stairs
- b. Replacing light bulbs
- c. Removing clutter
- d. All of the above

QUESTION 25: Which of the following is **NOT** a good way to fall proof outdoor areas of your home?

- a. Improve outdoor lighting
- b. Remove all handrails on steps
- c. Add outdoor step grips and keep walkway free of clutter (such as leaves)
- d. All of the above



FALLS PREVENTION - SESSION 6

Today, we'll talk about more ways to make your home safer. For example, although many people believe throw rugs help to prevent falls, that's not always the case. Throw rugs and small area rugs, especially those that aren't secured to the floor with double-sided tape or have a heavy rubber back, can cause falls.

Source: National Council on Aging, 2018

QUESTION 26: Outdoor mats can be useful to prevent falls.

- a. True
- b. False

QUESTION 27: Jose received some beautiful rugs as a gift, but the rugs don't have a non-slip backing attached. What can he do to make sure his new rugs don't cause a fall?

- a. there is no way to safely use the rugs
- b. use double-sided tape to keep the rugs from slipping
- c. only use the rugs in the kitchen area
- d. None of the above

QUESTION 28: The use of stairs can be reduced in a two-story home by

- a. Moving your bedroom to the first floor
- b. Carrying everything at once up the stairs
- c. Selling your home
- d. All of the above

QUESTION 29: Non-slip strips for hard floors can help prevent falls.

- a. True
- b. False

QUESTION 30: Motion sensing lights are not helpful to make sure rooms, stairs, and hallways are always bright enough.

- a. True
- b. False



FALLS PREVENTION - SESSION 7

Today we will discuss some ways to modify your environment to help reduce falls. Here is list of just a few.

1. Increase light bulb wattage.
2. Adjust the blinds to reduce glare.
3. Add motion sensing lighting.
4. Place light switches at every doorway.

Source: National Council on Aging, 2018

QUESTION 31: Increasing the wattage of the light bulbs in your home is not a good idea because the lights can be too bright.

- a. True
- b. False

QUESTION 32: Adjustable blinds or vertical shades should not be used to adjust lighting levels and glare.

- a. True
- b. False

QUESTION 33: It's ok to stand in a sturdy chair to reach items out of reach.

- a. True
- b. False

QUESTION 34: Stairs can be better seen by adding...

- a. Tape/stickers that are a different color than the stairs
- b. Carpet runners
- c. Tape/stickers that are the same color as the stairs
- d. All of the above

QUESTION 35: Having things you use often in easy to reach areas is especially important in the

- _____.
- a. Living room
 - b. Kitchen
 - c. Bedroom
 - d. All of the above



FALLS PREVENTION - SESSION 8

Today we will continue learning more ways to modify our environment to help reduce falls. A good way to improve safety of stairs is by adding colored tape.

- Select a color that is contrasting to the color of the stairs.
- Place the tape at the top and end of each stair.
- Gripping material can be used on hard floor steps.
- This is also a good time to make sure all the steps are even and there are no loose floorboards or carpet!
- Don't forget to add colored tape and gripping material to outdoor steps as well!

Source: National Council on Aging, 2018

QUESTION 36: Placing light switches at every doorway can decrease the risk of falls.

- a. True
- b. False

QUESTION 37: These important items should be near your bed and within easy reach in case you have to get up during the night.

- a. Sleeping pills
- b. Snickers bars
- c. Lights
- d. None of the above

QUESTION 38: It is important to have your _____ at a height that is easy for you to get in and out of.

- a. Sofas and chairs
- b. Kitchen table
- c. Cabinets
- d. Snack drawer

QUESTION 39: Henry has noticed that he is tripping on the thresholds, such as those in his doorways. Which of the following should Henry do to limit the chance he could trip?

- a. There is nothing Henry can do to avoid these thresholds.
- b. Henry should avoid walking through these doorways when possible.
- c. Henry should move into another home.
- d. Henry should have these doorways marked with brightly colored tape or stickers.

QUESTION 40: Neil is having more trouble getting on and off his toilet because it is much too low for his height. Is there anything he can do to the toilet to reduce his chance of falling when using it?

- a. Avoid using the toilet.
- b. Install grab bars on the walls next to the toilet.
- c. Install a toilet riser to make it higher.
- d. Both b and c



FALLS PREVENTION - SESSION 9

Today let's talk about more ways to make your home safer. More specifically, we will look at ways to make your bathroom safer!

Source: National Council on Aging, 2018

QUESTION 41: Raymond is concerned about slipping in the shower, especially when he's tired. Which of the following can Raymond do to limit his chance for falls in the shower?

- a. Use a shower seat
- b. Use a detachable shower head
- c. Use a non-slip shower mat
- d. All of the above

QUESTION 42: Anita is worried about slipping as she steps out of her shower. What steps can she take to prevent a fall?

- a. Leave banana peels outside the shower
- b. Use a bath mat with a non-skid bottom
- c. Bend down to wipe up water that is on the floor before stepping out
- d. All of the above

QUESTION 43: Thomas is visiting his daughter out of town. He is worried about falling in the shower at her house because she does not have grab bars. What is one thing he can bring or ask his daughter to provide, so he feels safer in the shower?

- a. Bath bombs
- b. A non-slip shower mat
- c. Dandruff shampoo
- d. None of the above

QUESTION 44: Furniture in your home's walkways should:

- a. be left where it is
- b. never be rearranged
- c. be moved out of the way
- d. be used as a walking aid

QUESTION 45: The local fire department can help you reduce your chance of falls.

- a. True
- b. False



FALLS PREVENTION - SESSION 10

This session, we'll add more ways to modify and prepare your home to reduce falls, but we will also discuss ways to be more aware of hazards you will encounter when out in your community. Watch out for sidewalk curbs!

Source: National Council on Aging, 2018

QUESTION 46: Which of the following are fall hazards to watch for when walking outside on a sidewalk?

- a. Even pavement
- b. The curb
- c. Good lighting
- d. Banana peels on the street

QUESTION 47: Why are LED light bulbs the best bulbs to have in your home to help with falls prevention?

- a. The lights have prettier colors.
- b. They are less bright
- c. They do not have to be changed as often as normal bulbs.
- d. They have to be changed more often than normal bulbs.

QUESTION 48: Having phones placed in different areas around the house can reduce your chance for falls.

- a. True
- b. False

QUESTION 49: Lamps that turn on and off with only a touch are helpful for those with arthritis and loss of finger flexibility and strength.

- a. True
- b. False

QUESTION 50: In case of a power outage, it is important to store these in easy-to-find places.

- a. Snickers bars
- b. cooking utensils
- c. Flashlights
- d. None of the above



FALLS PREVENTION - SESSION 11

For the next few sessions, we will be discussing the multiple benefits of increasing physical activity, including some you may not have thought about. While we do lose muscle as we age, exercise can partially restore strength and flexibility. It's never too late to start an exercise program. Even if you've been a "couch potato" your whole life, becoming active now will benefit you in many ways—including protection from falls. We'll also discuss specific ways you can maintain an active lifestyle, while keeping your risks for falls low.

Source: National Council on Aging, 2018

QUESTION 51: Physical activity and exercise are the same thing.

- a. True
- b. False

QUESTION 52: Physical activity should hurt and make you feel really tired, or it won't be effective.

- a. True
- b. False

QUESTION 53: Physical activity can't improve depression and anxiety because these are genetic conditions.

- a. True
- b. False

QUESTION 54: Blood flow to your brain decreases during physical activity because more oxygen is needed by your muscles.

- a. True
- b. False

QUESTION 55: Exercise can delay normal age-related cognitive decline, enhance memory, and improve mood.

- a. True
- b. False



FALLS PREVENTION - SESSION 12

Today, we'll look specifically at how physical activity improves the nervous system and how it can even increase brain size.

Source: National Council on Aging, 2018

QUESTION 56: Regular physical activity can improve your ability to make and control movements like turning around while walking.

- a. True
- b. False

QUESTION 57: Muscle strengthening, or resistance exercise, should only be done once per week.

- a. True
- b. False

QUESTION 58: As you grow older, your brain increases in size because you are learning new things.

- a. True
- b. False

QUESTION 59: Bingocize® exercises can help improve your ability to reach for items such as dishes in the cabinet.

- a. True
- b. False

QUESTION 60: How many minutes of moderate intensity physical activity should you get each week?

- a. 90 minutes
- b. 120 minutes
- c. 150 minutes
- d. None of the above



FALLS PREVENTION - SESSION 13

This week we will discuss more lifestyle changes you can make to decrease your falls risk. Drinking more water, eating more vitamin-packed foods, being social, and paying attention to your footwear are all lifestyle behaviors that can make a huge difference in your falls risk.

Source: National Council on Aging, 2018

QUESTION 61: Wearing shoes with high heels does not increase falls risk as long as the heels are backless.

- a. True
- b. False

QUESTION 62: Walking in stocking (sock) feet is a good idea to prevent falls.

- a. True
- b. False

QUESTION 63: Foods, like milk, salmon, and egg yolks, contain which important vitamin that may help reduce falls and result in fewer broken bones in older adults?

- a. Vitamin D
- b. Vitamin C
- c. Vitamin B12
- d. None of the above

QUESTION 64: Unless your health care provider has told you to limit fluids, you should increase your fluid intake before, during, and after physical activities

- a. True
- b. False

QUESTION 65: Loneliness increases your chance of future falls.

- a. True
- b. False



FALLS PREVENTION - SESSION 14

Today, we'll review your knowledge about the role that proper footwear and vitamin D can play in falls risk reduction, which we touched on earlier in the week. We'll also talk about some important behavior modifications that you can make to decrease your falls risk, such as rethinking your views on where exercise should take place, how smoking and drinking can affect your risk of falling, and how proper hydration can affect your falls risk.

Source: National Council on Aging, National Institute on Aging, 2018

QUESTION 66: Which of the following is a modifiable risk factor for falls?

- a. Vitamin D deficiency
- b. Multiple Sclerosis
- c. Parkinson's Disease
- d. None of the above

QUESTION 67: Exercise is not effective unless I go to a gym.

- a. True
- b. False

QUESTION 68: Smoking and drinking alcohol have no effect on your risk for falls.

- a. True
- b. False

QUESTION 69: Dehydration can decrease your risk of falls.

- a. True
- b. False

QUESTION 70: Which of these are examples of improper footwear that could increase the risk for falls?

- a. Flimsy slippers or flip-flops
- b. Open heeled shoes
- c. Shoes that are too large
- d. All of the above



FALLS PREVENTION - SESSION 15

In this session we are going to look at how physical activity can reduce your risk of falls as well as common misconceptions about physical activity and falls. Also, we will look a little bit at your risk for falls out in your community.

Source: National Council on Aging, 2018

QUESTION 71: Physical activity can help prevent falls by increasing muscle strength and:

- a. making you sore.
- b. allowing you to get better sleep.
- c. making you hungry
- d. none of the above

QUESTION 72: Having trouble stepping onto a curb, or frequently tripping over curbs, are signs of weak leg muscles.

- a. True
- b. False

QUESTION 73: After age 65, you only lose strength and cannot gain muscle.

- a. True
- b. False

QUESTION 74: It is best to avoid making multiple trips to the bathroom in the middle of exercising.

- a. True
- b. False

QUESTION 75: If I limit my activities and stay home more often, I won't fall.

- a. True
- b. False



FALLS PREVENTION - SESSION 16

Today we will discuss more environmental and lifestyle changes that can help reduce falls.

Source: National Council on Aging, 2018

QUESTION 76: Which of the following are types of physical activity?

- a. walking to the mailbox
- b. going to the gym
- c. participating in Bingocize®
- d. All of the above

QUESTION 77: Which of the following is the best way to clean up clutter in your home?

- a. purchase storage boxes for clutter and put them in a designated area
- b. put all of the unused items on the floor
- c. throw out all of the items that are not used all of the time.
- d. none of the above

QUESTION 78: Why is it important to limit your screen time?

- a. Prolonged screen time affects your vision
- b. Too much time using a screen takes away from other aspects of life
- c. Increased screen time may keep you from being physically active
- d. All of the above

QUESTION 79: It is important to have a lightswitch at both the top and bottom of the stairs in your home.

- a. True
- b. False

QUESTION 80: Camila does not feel comfortable going to her community gym, but she wants to do more physical activity. How could she increase her physical activity each week without doing intense exercises?

- a. Take short walks in her neighborhood
- b. Do light stretching or yoga in her home
- c. Push her grandchild on the swing
- d. All of the above



FALLS PREVENTION - SESSION 17

Today we will look at some ways that changes in your sight and hearing affect your chance for falls.

Source: National Council on Aging, 2018

QUESTION 81: Even a mild degree of hearing loss can _____ the risk of an accidental fall.

- a. Double
- b. Quadruple
- c. Triple
- d. None of the above

QUESTION 82: Hearing loss may cause you to use less of your mental resources to hear and interpret speech and other sounds. This will help reduce your chance of falls.

- a. True
- b. False

QUESTION 83: Hearing aids don't make a difference in balance.

- a. True
- b. False

QUESTION 84: Wearing bifocals to see things better up close may impair depth perception and contrast sensitivity. This could increase risk for falls.

- a. True
- b. False

QUESTION 85: Diamond has developed cataracts recently. The cataracts will increase her chance for falls.

- a. True
- b. False



FALLS PREVENTION - SESSION 18

During our last session, we discussed how even small changes in vision and hearing may cause you to fall. Today, we will talk more about how vision and hearing changes can also impact other parts of your life.

Source: National Council on Aging, 2018

QUESTION 86: Why is it important to wear sunglasses when you are outside on a sunny day?

- a. The sunglasses make you look cool
- b. Sunglasses protect your eyes from UV rays
- c. Sunglasses actually make your eyes weaker
- d. Sunglasses are only helpful after cataract surgeries

QUESTION 87: Impaired vision increases your chances of falling by 25%.

- a. True
- b. False

QUESTION 88: Samuel's vision has gotten worse with age, especially at night. He received a new prescription from his Optometrist, but he is still concerned about his night vision. What can Samuel do in his home to make sure his poor night vision does not increase his chance of falls?

- a. Avoid walking around at night
- b. Call a family member or friend whenever he needs to walk around in his home at night
- c. Make sure there is ample lighting and several lightswitches throughout his home
- d. There is nothing Samuel can do

QUESTION 89: Tracie loves to read, but she needs bifocals to see the pages. Sometimes, she forgets that she has them on and wears them around the house. However, she noticed that they make it difficult to see the ground when she is walking. What is something she could do to prevent falls?

- a. Ask her optometrist about getting a second pair of glasses with only distance vision for walking and other activities
- b. Wear the bifocals more often so she can see better
- c. Wear sunglasses around the house
- d. All of the above

QUESTION 90: Ruth has hearing aids that she uses on a daily basis. However, she sometimes forgets to replace the batteries. How can Ruth be better prepared, so it doesn't affect her risk for falls?

- a. Replace the battery whenever you hear the "low battery" sound or beeping
- b. Keep extra batteries in your home
- c. Make sure the hearing aid is turned off when you are not using it
- d. All of the above



FALLS PREVENTION - SESSION 19

Today, we will also discuss some “real life” scenarios to help review the information we’ve covered over the past 9 weeks.

Source: National Council on Aging, 2018

QUESTION 91: Lawrence loves his pet dearly, but lately, he has noticed that taking his dog on walks has become very tiring, and she has been getting in his way around the house more often. He is afraid that she may cause him to fall. Which of the following is **not** a good way to reduce his chances of falling?

- a. Make sure his pet is trained on a leash and with commands in the house
- b. Step over her
- c. Hire a neighbor to help take her for walks
- d. Sit down if she becomes too energetic

QUESTION 92: Charles has noticed that the worse his vision becomes with age, the more he feels like he could fall. Which of the following can he do to reduce his chance for falling due to his vision impairment?

- a. Schedule an eye exam so an optometrist can create a plan to deal with the vision impairment.
- b. Limit spending a lot time focusing on screens
- c. Wear sunglasses when outside in bright light
- d. All of the above

QUESTION 93: Antonio is visiting his grandchildren for the holidays. He wakes up in the morning feeling confused in the unfamiliar environment. What should Antonio do when he is feeling this way?

- a. Get out of bed immediately
- b. Walk down the stairs to find someone to help
- c. Wait for his mind to clear before getting up to walk around
- d. All of the above

QUESTION 94: Terry wants to clean up clutter in and around his home, but is unsure of how to do it. What can Terry do to decrease his chances of falling due to the clutter?

- a. Terry could hire or ask someone to help tidy up his home.
- b. Terry should not do anything about the clutter because it won't increase his chance of falling
- c. Terry could move the clutter to the stairs or hallway to keep his bedroom clear
- d. none of the above

QUESTION 95: Thelma often feels very off balance when she begins to stand up after lying down for a while, or when she stands up from a chair. What can she do to decrease her chance of falling when she gets up?

- a. Get out of bed slowly.
- b. Sit on the edge of the bed for a few moments before she stands.
- c. Before standing up, do some light exercises to get her blood moving.
- d. All of the above



FALLS PREVENTION - SESSION 20

This is our final time together, but we encourage you to stay physically active and use the information we've discussed over the past 10 weeks. Please continue your healthy lifestyle changes, and look for another round of Bingocize® soon!

Source: National Council on Aging, 2018

QUESTION 96: Wayne feels he needs to use an assistive device such as a cane or walker. Even though he does not have one for himself, he decides to use one of his friend's walkers. Using his friend's walker does not increase his chance of falls.

- a. True
- b. False

QUESTION 97: Callie has become more afraid of falling as she has aged. Which of the following would be best to limit her risk for falls?

- a. Limit her time spent up walking around
- b. Only eat foods high in protein
- c. Stay physically active
- d. Keep from leaving her home

QUESTION 98: Theresa's health care provider encouraged her to wear proper footwear during icy weather. What more could she do to further protect herself from falls if she must leave the house?

- a. Use a delivery service for groceries and other necessities
- b. Hire someone to clear her driveway of snow and ice
- c. Have a friend assist her when walking to the car or mailbox
- d. All of the above

QUESTION 99: Alex is feeling thirsty in the middle of a Bingocize session. He does not like to drink water while doing physical activity because it makes him have to go to the restroom more often, but he was told that it is important to stay hydrated. Why is it important that Alex drinks water during the session?

- a. It is good to go to the restroom often
- b. Staying hydrated while exercising prevents dizziness, thus reducing the chance of falls
- c. Going to the restroom more often gives Alex a break from the workout
- d. None of the above

QUESTION 100: Landon does not feel like he is capable of preventing falls, but he doesn't want to bother his family and friends with this problem. What should Landon do in this situation?

- a. Landon should speak to his family and friends about his fear of falling.
- b. Landon should only speak to his family and friends about his fear after he has already fallen.
- c. Landon should not speak to his family and friends about his fear at all, it is his problem
- d. None of the above