



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: National Council on Aging, 2018

QUESTION 1: Bingocize[®] is played in which of the following countries?

- a. Poland
- b. England
- c. Finland
- d. All of the above

QUESTION 2: The regular game of bingo is played all over Poland.

- a. True
- b. False

QUESTION 3: The regular game of bingo is played by approximately how many people in Britain?

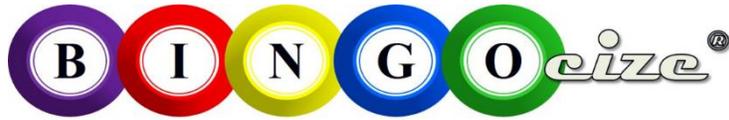
- a. 190,000
- b. 590,000
- c. 1,900,000
- d. None of the above

QUESTION 4: The leading cause of fatal injury among older adults is....

- a. Car wrecks
- b. Falls
- c. Rock climbing
- d. None of the above

QUESTION 5: Falls are an inevitable consequence of aging and there is nothing I can do about it.

- a. True
- b. False



FALLS PREVENTION - SESSION 2

There are six things we can do to reduce our chances of falling.

1. Find a good balance and exercise program- Good news! Bingocize® can help you prevent falls!
2. Talk to your healthcare provider about your falls risk.
3. Regularly review your medications with your doctor or pharmacist.
4. Get your vision and hearing checked annually, and update your eyeglasses.
5. Keep your home safe.
6. Talk to your family members about ways they can help you modify your home and make lifestyle changes.

Source: National Council on Aging, 2018

QUESTION 6: 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 7: What are the three most common problem areas for falls?

- 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 8: In a home with no stairs, which two rooms have the highest percentage of falls?

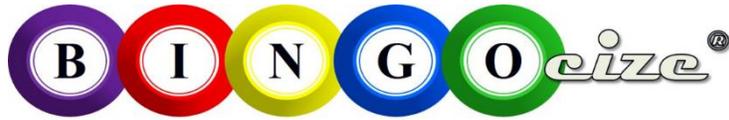
- a. Living room and bedroom
- b. Kitchen and bathroom
- c. Bathroom and laundry room
- d. Hallway and bathroom

QUESTION 9: 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 10: What is a simple home safety improvement that can reduce the risk of falling?

- a. Better lighting
- b. Adding throw rugs
- c. Moving the furniture
- d. Buy more chairs



FALLS PREVENTION - SESSION 3

In the past, the doctor typically took the lead, and the patient followed. Today, a good patient-doctor 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: Your doctor can assess your falls risk by completing a series of simple functional tests. Examples are the Timed up and Go (TUG) and the 30-second chair stand test.

- a. True
- b. False

QUESTION 12: Medication side effects and interactions can lead to falls.

- a. True
- b. False

QUESTION 13: Which of the following are ways your doctor can help reduce your falls risk?

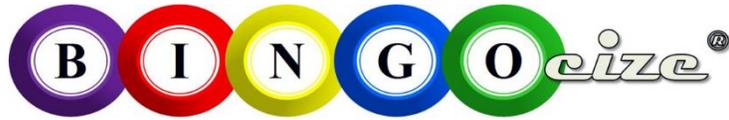
- a. Stop medications when possible.
- b. Switch to safer alternatives
- c. Reduce medications to the lowest effective dose
- d. All of the above

QUESTION 14: The following type of medication can cause dizziness, sedation, confusion, blurred vision, or orthostatic hypotension (getting dizzy when you stand up).

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

QUESTION 15: Chronic conditions such as heart disease and diabetes are NOT risk factors for falls.

- 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. They can help you to ask the right questions when visiting your doctor and help make your living environment safer.

Source: National Council on Aging, 2018

QUESTION 16: Your doctor can assess your falls risk by completing a series of simple functional tests. Examples are the Timed up and Go (TUG) and the 30-second chair stand test.

- a. True
- b. False

QUESTION 17: Medication side effects and interactions can lead to falls.

- a. True
- b. False

QUESTION 18: Which of the following are ways your doctor can help reduce your falls risk?

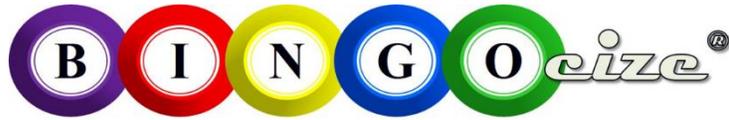
- a. Stop medications when possible.
- b. Switch to safer alternatives
- c. Reduce medications to the lowest effective dose
- d. All of the above

QUESTION 19: The following type of medication can cause dizziness, sedation, confusion, blurred vision, or orthostatic hypotension (getting dizzy when you stand up).

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

QUESTION 20: Chronic conditions such as heart disease and diabetes are NOT risk factors for falls.

- a. True
- b. False



FALLS PREVENTION - SESSION 5

Even small changes in sight and hearing may cause you to fall. The risk increases even further when poor vision is accompanied with loss of both hearing and balance. When you get new eyeglasses or contact lenses, take time to get used to them. Always wear your glasses or contacts when you need them. If you have a hearing aid, be sure it fits well, and wear it.

Source: National Council on Aging, 2018

QUESTION 21: 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 22: Hearing loss makes you less aware of what's going on around you, like other people, pets, and your surroundings.

- a. True
- b. False

QUESTION 23: Hearing loss may cause you to use more of your mental resources to hear and interpret speech and other sounds. This could leave fewer mental resources to maintain balance.

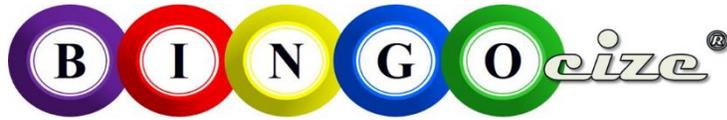
- a. True
- b. False

QUESTION 24: Hearing aids don't make a difference in balance.

- a. True
- b. False

QUESTION 25: 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



FALLS PREVENTION - SESSION 6

Remember poor vision and hearing can increase your fall risk dramatically. If you haven't already done so, please make sure your eyeglasses are updated and your hearing is checked.

Source: National Council on Aging, 2018

QUESTION 26: 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 27: Hearing loss makes you less aware of what's going on around you, like other people, pets, and your surroundings.

- a. True
- b. False

QUESTION 28: Hearing loss may cause you to use more of your mental resources to hear and interpret speech and other sounds. This could leave fewer mental resources to maintain balance.

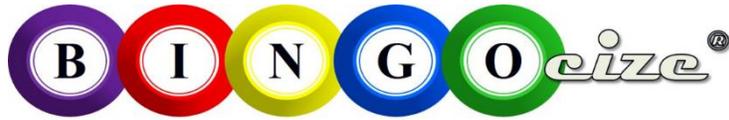
- a. True
- b. False

QUESTION 29: Hearing aids don't make a difference in balance.

- a. True
- b. False

QUESTION 30: 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



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. Get rid of clutter such as shoes, boxes, newspapers, etc.!
2. It is important to keep areas tidy to reduce the risk of falling.
3. Electrical cords should be taped or coiled to the wall.
4. Stairways should be free of clutter and any loose steps should be replaced. Outdoor areas should be cleared of debris such as leaves or snow.
5. Spills on hard floors should be cleaned as soon as possible to prevent slipping.
6. Organize your furniture such that you have room to walk (move plant stands, coffee tables, etc.). Once furniture is in a good location, do not rearrange!

Source: National Council on Aging, 2018

QUESTION 31: How can you fall proof outdoor home areas?

- a. Improve lighting
- b. Install handrails
- c. Add outdoor step grips and keeping walkway free of clutter (such as leaves)
- d. All of the above

QUESTION 32: Outdoor mats are useful to prevent slipping

- a. True
- b. False

QUESTION 33: Home safety improvements such as repairing loose steps and adding grab bars can reduce the risk of falls.

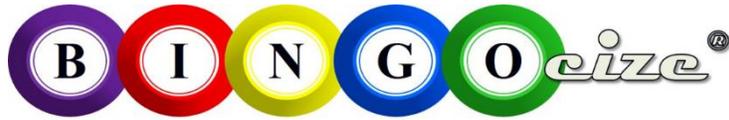
- a. True
- b. False

QUESTION 34: Furniture in walkways

- a. Can be helpful
- b. Should be cleared
- c. Should be rearranged monthly
- d. All of the above

QUESTION 35: Stairs can be better visualized by

- a. Adding colored tape
- b. Good lighting
- c. Removing clutter
- 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: How can you fall proof outdoor home areas?

- Improve lighting
- Install handrails
- Add outdoor step grips and keep walkway free of clutter (such as leaves)
- All of the above

QUESTION 37: Outdoor mats are useful to prevent slipping.

- True
- False

QUESTION 38: Home safety improvements such as repairing loose steps and adding grab bars can reduce the risk of falls.

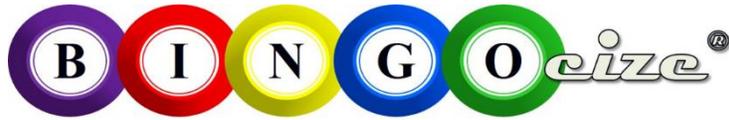
- True
- False

QUESTION 39: Furniture in walkways

- Can be helpful
- Should be cleared
- Should be rearranged monthly
- All of the above

QUESTION 40: Stairs can be better visualized by

- Adding colored tape
- Good lighting
- Removing clutter
- All of the above



FALLS PREVENTION - SESSION 9

Today let's talk about more ways to make your home safer. Here are just a few things you can do.

1. Walkways should be cleared to provide yourself with plenty of room to walk.
2. It is recommended that all large rugs have a heavy rubber back or are secured with double-sided tape and are in good condition. Carpet should also be checked; corners that are sticking up can be dangerous!
3. Throw rugs and small area rugs are not recommended! If you do have them, make sure they will not slip by using double-sided tape or a heavy rubber back.
4. Outdoor steps should have gripping material, and in a contrasting color, if possible.
5. Ensure all floor boards are in good condition and even (no boards sticking up).
6. Non-slip strips can be placed on hard floors, which can be purchased at most hardware stores.

Source: National Council on Aging, 2018

QUESTION 41: Outdoor mats are useful to prevent slipping.

- a. True
- b. False

QUESTION 42: Throw rugs and small area rugs are recommended to reduce your chances of falling.

- a. True
- b. False

QUESTION 43: Walking in the grass is a better option if a sidewalk looks slippery

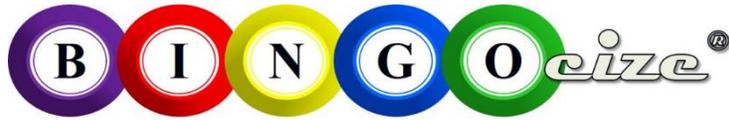
- a. True
- b. False

QUESTION 44: 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
- c. Limiting activity
- d. All of the above

QUESTION 45: Non-slip strips for hard floors can help prevent falls.

- a. True
- b. False



FALLS PREVENTION - SESSION 10

Improving the lighting in your home will help reduce your chances of falling. What are some things you can do to improve lighting in your home?

1. It is important to have good lighting, especially at entrances to home, stairways, and from bedroom to bathroom.
2. You should have easy to reach access to lighting, especially in your bedroom such as a lamp, in case you need to get up during the night. Motion sensed lighting is also useful for entrances to home.
3. Light switches should be placed at the top and bottom of stairs, to allow access to lighting from either location.
4. Night lights can be useful in hallways, bathrooms, and bedrooms.
5. Have a plan if the power goes out, such as having flash lights next to the bed.

Source: National Council on Aging, 2018

QUESTION 46: Motion sensing lights remove the need to turn on the lights to make sure rooms, stairs, and hallways are always bright enough.

- a. True
- b. False

QUESTION 47: Lamps that turn on and off by simply touching are helpful for those with arthritis and loss of finger flexibility and strength.

- a. True
- b. False

QUESTION 48: Placing light switches at every doorway, to avoid walking great distances in a dimly lit or dark room, can increase the risk of falls.

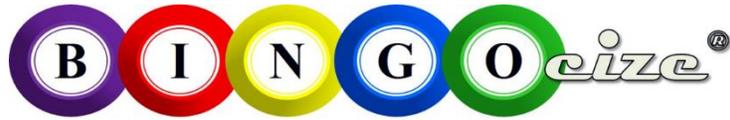
- a. True
- b. False

QUESTION 49: Increasing the wattage of the bulbs in your home is a good idea to increase light intensity.

- a. True
- b. False

QUESTION 50: Adjustable blinds or vertical shades should not be used to adjust lighting levels and glare.

- a. True
- b. False, Blinds and shades are a good way to control lighting levels and glare.



FALLS PREVENTION - SESSION 11

Hopefully you are starting to make some of the changes we've discussed to reduce your fall risk...checking your floors, updating your lighting, and getting rid of clutter are just a few things we've discussed. Today we will focus on reducing your risk of falling by having things you use often in easy to reach areas (about waist level and lower).

Source: National Council on Aging, 2018

QUESTION 51: It's ok to use a regular step stool or chair to reach items out of reach.

- a. True
- b. False

QUESTION 52: Bingocize® exercises like the *Ballerina* can help improve your ability to reach for items such as dishes in the cabinet.

- a. True
- b. False

QUESTION 53: A(n) _____ can assess home environments and offer advice for fall prevention.

- a. occupational therapist
- b. psychotherapist
- c. speech therapist
- d. none of the above

QUESTION 54: Having things you use often in easy to reach areas is especially important in the _____.

- a. Living room
- b. Kitchen
- c. Bathroom
- d. None of the above

QUESTION 55: A long-handled grasping device is never a good idea.

- a. True
- b. False



FALLS PREVENTION - SESSION 12

Today we are going to review some of the important changes we can make to our environments to reduce falls. Have you made changes?

Source: National Council on Aging, 2018

QUESTION 56: Home safety improvements such as repairing loose steps and adding grab bars can reduce the risk of falls.

- a. True
- b. False

QUESTION 57: Stairs can be better visualized by

- a. adding colored tape
- b. good lighting
- c. removing clutter
- d. all of the above

QUESTION 58: Throw rugs and small area rugs are recommended to reduce your chances of falling.

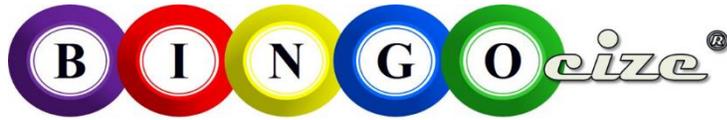
- a. True
- b. False

QUESTION 59: Placing light switches at every doorway, to avoid walking great distances in a dimly lit or dark room, can increase the risk of falls.

- a. True
- b. False

QUESTION 60: It's ok to use a regular step stool or chair to reach items out of reach.

- a. True
- b. False



FALLS PREVENTION - SESSION 13

We are going to mix it up a bit this week. Instead of our normal questions, we are going to play some fun trivia. Also, because you've been working very hard exercising, we are going to reduce the intensity this week to allow your body to recover. "Active recovery" and rest are important parts of any exercise program.

Source: National Council on Aging, 2018

QUESTION 61: Who was the legendary Benedictine monk who invented champagne?

- a. Peter Coors
- b. Dom Perignon
- c. Saint Francis
- d. None of the above

QUESTION 62: Who was the actor who starred in 142 films including *The Quiet Man*, *The Shootist*, *The Searchers*, and *Stagecoach*?

- a. Gary Cooper
- b. James Stewart
- c. John Wayne
- d. None of the Above

QUESTION 63: In which film did Humphrey Bogart say, "We'll always have Paris"?

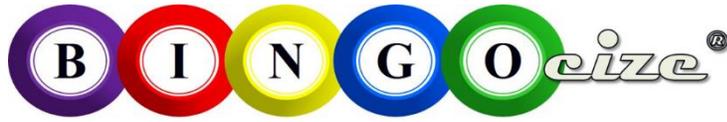
- a. It's a Wonderful Life
- b. Treasure of the Sierra Madre
- c. The African Queen
- d. None of the Above, ---Casablanca

QUESTION 64: In needlework, what does UFO refer to?

- a. Unidentified flying object
- b. Unusual fabric organization
- c. Unfinished object
- d. None of the above

QUESTION 65: Fried tarantulas, eggs boiled just before they're due to hatch, live octopus, and puffin hearts eaten raw when still-warm, are all traditional foods in other parts of the world—true or false?

- a. True
- b. False



FALLS PREVENTION - SESSION 14

We're going to have fun playing more trivia today!

Source: National Council on Aging, 2018

QUESTION 66: What television show featured a couple (who were married in real life) living in the same apartment building with their best friends and landlords in Manhattan?

- a. The Jeffersons
- b. Leave it to Beaver
- c. I Love Lucy
- d. None of the above

QUESTION 67: In 1940, Hattie McDaniel was the first black person to win an Oscar. She won Best Supporting Actress for her role as Mammy in what movie?

- a. The African Queen
- b. Gone with the Wind
- c. Citizen Kane
- d. None of the Above

QUESTION 68: In 1962, which astronaut circled the earth three times in "Friendship 7," later became a U.S. senator, and returned to space in 1998?

- a. Scott Carpenter
- b. Neil Armstrong
- c. John Glenn
- d. None of the above

QUESTION 69: Who was the man who hosted a long-running variety show from 1948 until 1971.

- a. Ed Sullivan
- b. Ed McMahon
- c. Johnny Carson
- d. None of the above

QUESTION 70: Who sang "The Twist"?

- a. Buddy Holly
- b. Ray Charles
- c. Chubby Checker
- d. None of the above



FALLS PREVENTION - SESSION 15

Staying physically active as we grow older is very important. For the next few sessions, we will discuss the multiple benefits of increasing physical activity. 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, but still keep your risks for falls low.

Source: National Council on Aging, 2018

QUESTION 71: Limiting the amount of activity, especially physical activity, will reduce my chance of falling.

- a. True
- b. False

QUESTION 72: What is one sign of muscle weakness?

- a. meeting your exercise goals
- b. pushing with your hands to stand from a chair
- c. losing weight
- d. depression

QUESTION 73: Physical activity includes exercise and all other forms of movement e.g. walking to your car, mowing the lawn, gardening, etc.

- a. true
- b. false

QUESTION 74: How many minutes of moderate intensity physical activity should you get each week?

- a. 90 minutes
- b. 120 minutes
- c. 150 minutes, or 30 minutes per day 5 days per week (bouts of even just 10 minutes can be beneficial)
- d. None of the above

QUESTION 75: Muscle strengthening or resistance exercises should be done at least once per week.

- a. True
- b. False



FALLS PREVENTION - SESSION 16

Staying physically active as we grow older is very important. For the next few sessions, we will discuss the multiple benefits of increasing physical activity. 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, but still keep your risks for falls low.

Source: National Council on Aging, 2018

QUESTION 76: To stand from a sitting position

- a. Use your arms to push yourself up
- b. Stay back in the chair
- c. Move hips to end of chair, then use your legs to stand
- d. Rock forward and backward

QUESTION 77: When walking, what is the correct way to change directions?

- a. Turn your upper body first
- b. Turn your head first
- c. Cross your legs
- d. Move your feet with your body

QUESTION 78: Bags should be carried

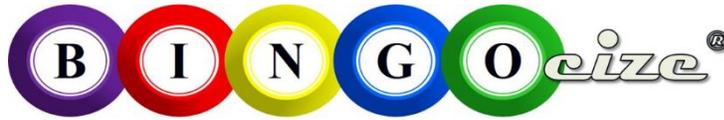
- a. Close to the body
- b. With all heavy items in one bag
- c. Far from the body
- d. With all the weight in one hand

QUESTION 79: Tying shoes should be done while sitting in a chair and bending from your upper back.

- a. True
- b. False

QUESTION 80: A cane or walker can increase the risk of falling _____.

- a. If it is not fitted properly
- b. If it is used all the time
- c. If used at home
- d. If used outdoors



FALLS PREVENTION - SESSION 17

It is never too late to identify and treat osteoporosis or prevent falls to avoid broken bones. Here are some things you can do.

1. Eat a balanced diet rich in calcium.
2. Take vitamin D supplements (talk with your doctor before taking any supplements).
3. Get regular physical activity.
4. Don't smoke.
5. Limit your alcohol.
6. Check your home for safety.
7. Talk with your doctor about a screening test.

Source: https://www.ncoa.org/wp-content/uploads/Osteoporosis_falls_and_fractures.pdf
<https://www.nia.nih.gov/health/exercise-and-physical-activity-getting-fit-life>

Source: National Council on Aging, 2018

QUESTION 81: Daily vitamin D and calcium supplements are associated with reduced falls and fewer broken bones in older adults.

- a. True
- b. False

QUESTION 82: Regular physical activity and exercises that combine weight, muscle strengthening, and balance helps reduce the risk of falls and actually improves the health of your bones.

- a. True
- b. False

QUESTION 83: You should hold your breath during strengthening exercises.

- a. True
- b. False

QUESTION 84: Unless your doctor has told you to limit fluids, you should increase your fluid intake during physical activities.

- a. True
- b. False

QUESTION 85: Exercise should hurt and make you feel really tired, or it won't be effective.

- a. True
- b. False



FALLS PREVENTION - SESSION 18

Most people know regular physical activity improves physical health, but did you know it can also improve your cognitive health? Cognitive health is the ability to clearly think, learn, and remember.

Maintaining cognitive health is important for reducing your risks for falls. For example, your ability to pay attention to your environment can help reduce falls.

Mandolesi, L., Polverino, A., Montuori, S., Foti, F., Ferraioli, G., Sorrentino, P., & Sorrentino, G. (2018). Effects of Physical Exercise on Cognitive Functioning and Wellbeing: Biological and Psychological Benefits. *Frontiers in psychology*, 9, 509. doi:10.3389/fpsyg.2018.00509

Source: National Council on Aging, 2018

QUESTION 86: Exercise can lead to an increase in depression and anxiety.

- a. True
- b. False

QUESTION 87: Exercise, especially cardiovascular (aerobic) exercise, increases blood flow up to 100 times in your working muscles. However, blood flow does not increase to the brain during exercise.

- a. True
- b. False

QUESTION 88: Exercise can delay *normal* age-related cognitive decline, enhance memory, and improve mood.

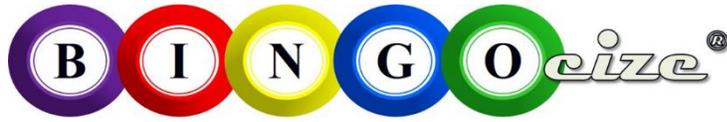
- a. True
- b. False

QUESTION 89: Regular exercise can improve your ability to make and control movements like turning around while walking.

- a. True
- b. False

QUESTION 90: Exercise should hurt and make you feel really tired, or it won't be effective.

- a. True
- b. False



FALLS PREVENTION - SESSION 19

Remember the big takeaway message is falling is not an inevitable result of aging. There are things you can do.

1. Stay physically active!
2. Talk to your healthcare provider about your falls risk, and review your medications.
3. Get your vision and hearing checked annually, and update your eyeglasses.
5. Make safety improvements in your home.
6. Talk to your family members about ways they can help you modify your home and make lifestyle changes.

Source: National Council on Aging, 2018

QUESTION 91: What are the three most common problem areas for falls?

- 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 92: Which of the following are ways your doctor can help 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 93: Hearing loss may cause you to use more of your mental resources to hear and interpret speech and other sounds. This could leave fewer mental resources to maintain balance.

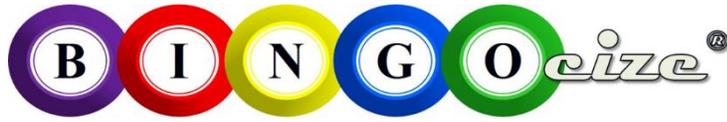
- a. True
- b. False

QUESTION 94: How can you fall proof outdoor home areas?

- a. Improve lighting
- b. Installing handrails
- c. Adding outdoor step grips and keeping walkway free of clutter (such as leaves)
- d. All of the above

QUESTION 95: Limiting the amount of activity, especially physical activity, will reduce my chance of falling.

- a. True
- b. False



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: The oldest human who lived was Jeanne Louise Calment. She was _____ when she passed away in France.

- a. 110
- b. 117
- c. 122
- d. 128

QUESTION 97: What is the world record for balancing on one foot?

- a. 25 hours 15 minutes
- b. 19 hours 25 minutes
- c. 67 hours 9 minutes
- d. 76 hours 40 minutes, held by man from Sri Lanka since 1997

QUESTION 98: The most expensive drug is Glybera at a wholesale cost of _____ per year. It is a gene therapy for those suffering from familial lipoprotein lipase deficiency.

- a. \$125,000
- b. \$357,000
- c. \$923,000
- d. \$1,210,000

QUESTION 99: Which animal has the best hearing in the world?

- a. Bat
- b. Moth
- c. Elephant
- d. Dolphin

QUESTION 100: In 2015, total medical costs for falls totaled more than _____.

- a. \$30 billion
- b. \$40 billion
- c. \$50 billion
- d. \$60 billion