**Week 1:**

|  |
| --- |
| **Lesson Plan**  **Fall prevention education goal: Goal: Participants will state four areas of fall prevention education by the end of the seven weeks** |
| **Learning objective week 1s:**  Learners will state connection of exercise and balance to preventing falls |
| **Materials for leadership team:** Leadership team: Review Step Guide and Step handouts |
| Survey Handouts—TUG; STEADI; FEAR of FALLING; KNOWLEDGE Overview Consent Introductions |
| **Agenda: Greet all participants—nametags to identify participants Introduce the team Review of 4 areas of fall prevention: Medication Exercise to include balance Vision screening Home safety assessment**  **Hand out and review the participation consent--  Complete surveys**  **Review physical activity descriptor and expectations**  **Hand out—overview of physical activity Explain that we will be here weekly for the next 7 weeks (8 weeks total) to practice balance exercises, discuss walking goals and continue to encourage. During these weeks we will also talk about the importance of understanding medications, that the pharmacist is a community resource, vision and screening and home safety assessment.**  **Week I—overview Week II balance and exercise Week III Vision/exercise Week IV Medications/exercise Week V-Exercise and feelings Week VI Home Safety Week VII—Community Resources—Goal Setting Review the chart for tracking exercise this week. This week focus on walking a minimum of 15 minutes and completing simple balance exercise. Let’s practice those now.**  **See handouts.**  **Close with affirmation—what will keep you motivated this week—answer questions and encourage “buddy for accountaibility”** |
|  |
| Handouts: Review Safety of Exercise and its importance All Surveys Monthly tracking of exercise Weekly tracking 3 balance exercises Rating of Perceived Exertion  Homework for Week 2 Walking 10-15 minutes or more Balance 3x;s/week Continue to read ahead  Track your exercise—How do you feel before and after? |
| . |