**Week 1:**

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| **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; KNOWLEDGEOverviewConsentIntroductions |
| **Agenda:Greet all participants—nametags to identify participantsIntroduce the teamReview of 4 areas of fall prevention:MedicationExercise to include balanceVision screeningHome safety assessment****Hand out and review the participation consent--Complete surveys****Review physical activity descriptor and expectations****Hand out—overview of physical activityExplain 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—overviewWeek II balance and exerciseWeek III Vision/exerciseWeek IV Medications/exerciseWeek V-Exercise and feelingsWeek VI Home SafetyWeek VII—Community Resources—Goal SettingReview 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”** |
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| Handouts:Review Safety of Exercise and its importanceAll SurveysMonthly tracking of exerciseWeekly tracking3 balance exercisesRating of Perceived ExertionHomework for Week 2Walking 10-15 minutes or moreBalance 3x;s/weekContinue to read aheadTrack your exercise—How do you feel before and after? |
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