**Week 3:**

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| **Lesson Plan** |
| **Learning objectives**:  Participants will state knowledge of the impact of vision on fall prevention. Participants will state one personal concern, and one method to overcome barriers to remaining motivated |
| **Materials for leadership team:** |
| Session Three: Handouts--- Review homework of physical changes as you age homework |
| **Greet participants warmly—if possible greet by name Review strategies to reduce our risk of physical decline Review minutes of exerice Review “what are you doing to stay motivated?”**  **Vision Handout—Vision—review content on vision-- The changing of vision with aging Neciistty of yearly vision screening Review Amsler Grid Reivew Snellen chart Pracitce using both screening tools for all participants**  **Review low vision tip sheet**  **Balance exercises Pracitce balance exercises starting with level 1 Add tandem walk; cross over walk.**  **Homework handout: Regarding my physical function I have noticed that: These changes make me feel I have learned that physical activity can I have decided to do the following to reduce my risk of physical decline…** |
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| Review: FITT principle RPE Continue to practice all balance exercises: I-IV Check on walking—20 minutes or more—4 x’s /week Homework:  Medication handout—what are your medications—what are they for? |
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