**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 nameReview strategies to reduce our risk of physical declineReview minutes of exericeReview “what are you doing to stay motivated?”****VisionHandout—Vision—review content on vision--The changing of vision with agingNeciistty of yearly vision screeningReview Amsler GridReivew Snellen chartPracitce using both screening tools for all participants****Review low vision tip sheet****Balance exercisesPracitce balance exercises starting with level 1Add tandem walk; cross over walk.****Homework handout:Regarding my physical function I have noticed that:These changes make me feelI have learned that physical activity canI have decided to do the following to reduce my risk of physical decline…** |
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| Review:FITT principleRPEContinue to practice all balance exercises: I-IVCheck on walking—20 minutes or more—4 x’s /weekHomework:Medication handout—what are your medications—what are they for? |
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