**Week 6**

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| **Lesson Plan—Home Safety** |
| **Learning objectives**: Participants will state two barriers they faced this week to physical activityParticipants will state one strategy that they are using to continue daily balance exercises. |
| **Materials for leadership team:** **Training guide—plus home safety assessment** |
| Handouts |
|  **Greet all by name—review homework on thoughts/feelings/what do you do to stay motivated****Review thoughts and feelingsReview walking chart for this weekReview balance** **Preventing falls in the home also means an awareness of home safety.****Review the following points:Increase Home Safety****Home modification tips****Below are tips you can use to make modifications in your home to help prevent falls. They are divided into three categories: little or no cost, moderate cost, and significant cost.****Little or no cost:****• Install non-slip mats in laundry areas.****• Provide adequate space to move around furniture.****• Remove/repair unstable furniture.****• Adjust chair and bed height to make them easier to get in and out of.****• Install night lights in hallways.****• Ensure that carpets (especially on stairs) and area rugs have skid-proof backing or are tacked to the floor.****• Place fluorescent tape on edges of top and bottom steps.****Problems with balance increase your risk of falling by 4 to 5 times.****Moderate cost****• Add ceiling lights to rooms where needed.****• Install motion-, voice-, or sound-activated lamps.****• Move electrical outlets and light switches so they are easy to reach.****• Use a portable phone that can be taken from room to room.****• Install a phone extension on each floor and in each room.****• Use a change in color to designate a change in surface type or level.****• Use heavy furniture that will not tip if used for support.****• Install handrails at a comfortable height and easy to grip in bathrooms and on both sides of hallways and stairs.****• Install assistive devices such as a shower seat, bath bench, shower hose, and raised toilet seat.****• Use a bed mattress with firm edges to make it easier to get in and out of.****• Place gates in open doorways leading to stairways.****• Install an electronic emergency response system.****• Install lamps that can be turned on by a switch near the entryway of the room.****• Paint stairs alternating colors to improve contrast between steps.****• Install bars on the sides of the bed.****Significant cost****• Modify stairs so they have a lower gradient and more depth.****• Install walk-in showers that are easy to enter and exit.****• Install easy-to-reach shelves and drawers in the kitchen and bathroom.****• Put bathroom and laundry facilities on the same floor as the bedroom.****• Install non-glare surfaces and use non-glare paints.****• Install touch-sensitive flooring in the bedroom that activates the lighting system.****Adapted from: Rogers ME, et al. Journal of Housing for the Elderly, 2004.****The most effective strategy to prevent falling involves taking action to improve in the 4 major areas.****1. Exercise that continues to strengthen core muscles and improve balance****2. Medication Management****3. Vision screening on a yearly basis****4. Home Safety Assessment and plan to improve home safety.** |
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| **Review:Walking 25-30 minutes (3-4x/week)—Check walking recordReview balance exercises** **Homework:Continue walking—30 minutes—4x/sDaily balance exercisesHome safety check**Close |
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