**Week 6**

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| **Lesson Plan—Home Safety** |
| **Learning objectives**: Participants will state two barriers they faced this week to physical activity Participants 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 feelings Review walking chart for this week Review 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 record Review balance exercises**  **Homework: Continue walking—30 minutes—4x/s Daily balance exercises Home safety check**  Close |
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