

Session 1: Introduction to Program

The focus of the session is on “Concern vs. Fear”. The group is introduced to the concept of helpful and unhelpful beliefs about falls and concerns about falling.

Session 2: Exploring Thoughts and Concerns about Falling

- ◆ To learn that there are different ways to think about falls and concerns about falls.
- ◆ To realize the importance of recognizing our core beliefs about falls before we are able to change them. Emphasis is on not whether or not I can do it, but HOW can I do it?

Session 3: Exercise and Fall Prevention

- ◆ To understand the importance of exercise in preventing falls
- ◆ To identify the barriers to exercise
- ◆ To identify which exercises are best suited for fall prevention
- ◆ To learn the Matter of Balance Exercise

Session 4: Assertiveness and Fall Prevention

- ◆ To recognize three important physical risk factors for falls: low blood pressure, leg weakness, and poor flexibility/balance
- ◆ To understand exercises that can be used to prevent falls due to low blood pressure, leg weakness, and poor flexibility/balance
- ◆ To recognize the relationship between assertive behavior and fall prevention.

Session 5: Managing Concerns about Falling

- ◆ To learn how to use *Personal Action Planners* to start an exercise program
- ◆ To learn about balance exercises that can be used as part of an individualized exercise program
- ◆ To recognize misconception and unhelpful thoughts about falling and the effect those thoughts have on feelings and actions
- ◆ To learn how to shift from self- defeating to self-motivating thoughts

Session 6: Recognizing Fall-ty Behavior

- ◆ To determine which activities are and are not fall risk-taking behaviors
- ◆ To prioritize risk-taking behaviors to be addressed and changed
- ◆ To identify thoughts that help to change behavior
- ◆ To learn ways to shift from negative to positive or helpful thinking

Session 7: Recognizing Fall Hazards in the Home and Community

Participants have completed the Home Safety Checklist

- ◆ To recognize potential fall hazards often present in the home and community
- ◆ To identify strategies to reduce physical hazards in the home and community
- ◆ To recognize the relationship between assertive behavior and fall prevention
- ◆ To learn how to get up and down safely

Session 8: Practicing No Fall-ty Habits & Fall Prevention: Putting It All Together

- ◆ To practice assertiveness skills in locating and using resources for fall prevention and seeking help after a fall
- ◆ To model & practice behaviors in order to eliminate risk-taking behaviors