

Healthy Living Program

Module 6: Fall Prevention



Healthy Living Program, Module 6: Fall Prevention. 2006. From University of Florida, IFAS Extension Bookstore, PO Box 110011, Gainesville, FL 32611-0011, (800) 226-1764 or on-line at <http://www.ifasbooks.ufl.edu>, DVD, \$15.00.

Healthy Living Program, Module 6 is an instructional DVD designed to educate care givers, and older adults alike, on preventing falls. The Fall Prevention module will help older adults identify their risk for falling and recognize the importance of preventive measures to avoid falls by reducing home hazards and making certain lifestyle changes.

Do you work with the elderly population or care for older adults? If they are active and always on the move, you may be afraid that one day they will accidentally fall. Healthy Living Program, Module 6: Fall Prevention is an excellent educational tool for those providing care to older adults and for older adults themselves. This educational DVD is divided into 5 lessons, including Who's At Risk?; Reducing Home Hazards; Staying Strong and Improving Balance; Lifestyle Factors Affecting Fall Risk; and How to Handle a Fall. Each of these 5 lessons includes background information on the specific topic, icebreaker activities, interactive discussion questions that follow the Power Point slides, handouts, and a bingo game. After each lesson, an evaluation is included for both the facilitators and the participants of the program.

Overall, Healthy Living Program, Module 6: Fall Prevention is well designed and organized, and detail oriented. Each lesson plan is designed so that many can teach the program with ease to an older population. The systematic questions and answers in the interactive discussion section provide excellent guidance throughout

the program, with specific instructions on when to use the Power Point slides throughout the discussion. The activities, including bingo games and crossword puzzles, are appropriately designed for the target audience. Although it would perhaps limit the continuity among the lessons within the program, the inclusion of other activities, such as a jeopardy-type game, would enhance the diversity of the evaluation of learning.

Healthy Living Program, Module 6: Fall Prevention includes a few educational handouts, written in English and translated into Spanish, that expand the flexibility and usability of the DVD. The handouts reinforce the main points of the lesson and are easy to understand. However, the font size is a bit small for the older population. A recommendation for a future version of the DVD is to translate the entire content into Spanish.

Several graphics are included throughout the program, such as in the Power Point slides and on the handouts. Many are abstract cartoons or simplistic, nondetailed stick figures, and it is hard to interpret how they enhance the presentation. The inclusion of graphics can enhance the presentation of the content, but they need to be easily understood.

Overall, the Healthy Living Program, Module 6: Fall Prevention is a well-constructed program. The content is accurate, thorough, and presented in a logical fashion. Given the detailed instructions, many educators will be able to present a fall prevention program for the older population in an effective, efficient manner.

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