

Provincial Injury Prevention Program
Safe Healthy Environments

Good News: Falls are Preventable

(Good News Presentation)

Presenter's Guide

September 26, 2019

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Introduction

The “Good News: Falls are Preventable” presentation resource (Good News Presentation) was developed to target community dwelling adults age 65+ to increase falls prevention knowledge and actions. Those who provide support and/or services to older adults are invited to offer this presentation.



This Presenter’s Guide was designed to accompany the Good News Presentation. It includes suggestions on planning, delivery, enhancing content, and further instructions. A downloadable version of this presentation and Presenter’s Guide can be found at <https://www.albertahealthservices.ca/injprev/Page15787.aspx>.

Preparing Your Content

The Good News Presentation aims to inform the audience about 4 ways to reduce their falls risks (Challenge Your Balance, Build Strength, Active Living, & Healthy Eating). The presentation is organized into 4 colour coded sections. There are 24 slides altogether which should take about 30-45 minutes to present, depending on the added activities, conversation, and content. Please use the presentation as-is, or supplement based on the needs of your audience.

Speaker’s notes are provided on each slide. Start by reviewing the slides and speaker’s notes to get acquainted with the content.

Incorporating Falls Prevention Exercises (Optional)

A *Falls Prevention Home Exercise Series* consisting of 3 resources was developed to use alongside the Good News Presentation. These include:

- *Adult and Older Adult Pre-Exercise Stretching Routine*
- *Adult and Older Adult Exercise Routine Using Theraband*
- *Adult and Older Adult Exercise Routine Using an Inflatable Ball*

To request these resources please email injury.prevention@ahs.ca

- Specific slides (slide # 1, 4, 6, 7, and 9) identify **optional** exercises for the presenter to demonstrate or lead. Instructions for the suggested exercises can be found in the resources above and/or in the speaker's notes.
- Review the exercise instructions prior to your presentation. Practice explaining and demonstrating all exercises that you intend to discuss.
- Ensure any potential risks are mitigated in advance of, and during the presentation. Use your judgement to determine whether these exercises are appropriate to introduce to your audience.
- Let participants know that all exercises are **optional** and also state:
***These exercises are geared towards the general adult and older adult population. If you have had any major injuries, surgeries or if you have any chronic conditions or other health concerns, please consult with your physician before doing these exercises. ***
- Have sample exercise bands and inflatable balls available for demonstration and/or participant use.

Guest Speakers

You may want to invite content expert(s) to provide additional information about a specific fall prevention related topic. Potential guests could include: Registered Dietitian, Allied Health Professional (P.T, O.T., Rec. T.), Kinesiologist, Exercise Specialist, Pharmacist, Physician, Registered Nurse.

Additional Presentation Resources

Finding Balance Falls Prevention Resources can be downloaded online and printed. Specific examples include:

- [Live Well Guidebook](#)
- [Home Safety](#)
- [Are you at risk of falling](#)
- [Everyday Exercises for Older Adults](#)
- [Getting Around in Your Community](#)
- [Walking Safely in Winter](#)
- [How to Get UP From The Floor](#)
- [Could a fall change your lifestyle?](#)

Pre-Session Preparation

Here are some things to consider as you are planning, promoting, and preparing for your presentation.

- Identify, and collaborate with, key stakeholders to help you reach your target audience and promote your event.
- Decide where to hold your session – do you need to book a room or meeting space? Be mindful of accessibility, hazards, seating availability/arrangement, acoustics and lighting.
- Consider transportation and parking options when choosing a venue. Be prepared to assist those with mobility issues.
- You will need a computer and projector to deliver the presentation.
- If you are delivering the presentation from the PDF slide deck (external partners) present by selecting View > full screen mode.
- The presentation slides are available online as a read-only powerpoint file, thereby enabling you to download, save-as, and customize the slide deck for your audience.
- Determine need for a microphone and test before presentation.
- Print the speaker's notes for the presentation.
- Print or order supplementary resources to share with audience.

Delivery of Presentation

These tips will help your event run smoothly.

- Encourage interactivity throughout the presentation and leave time afterwards for questions and answers. Seniors may prefer to speak with you 1:1 rather than in front of the whole group.
- Be mindful of those seniors hearing and or visual impairments.
- Make it fun!

Evaluation

We would like to track the use of Good News Presentation and we invite your feedback.

- Upon completion of delivery of the Good News Presentation please send an email to Provincial Injury Prevention Program mailbox injury.prevention@ahs.ca indicating:
 - Date of presentation
 - Location
 - Name and title of presenter(s)
 - Target Audience
 - Number of attendees

Thank You

The reduction of fall-related injury among older adults is an important issue that requires multi-sectoral and community collaboration. We sincerely thank you for your contributions to improving the quality of life of older adults in Alberta and appreciate your interest in offering the Good News Presentation.