

# Implementing the Fall Prevention Education Series



Research has found the most promising fall prevention strategies involve a combination of education and physical activity. The Fall Prevention Education Series has been designed to complement the SilverSneakers® Signature classes at your location, as these classes have fall prevention components built into their format.

For best results, it is recommended that this series be combined with a minimum of three group exercise classes a week such as SilverSneakers Classic or SilverSneakers Stability®.

Any combination of Classic and Stability classes is acceptable. For example, you may choose to facilitate three Classic classes per week, two Classic classes and one Stability class or two Stability classes and one Classic class.

Combining the physical activity class with the Fall Prevention Series pre- and post-functional fitness assessments, the weekly educational tips and extra skill drills may help to reduce participants' fall risk.

Week	Monday	Tues	Wednesday	Thurs	Friday
<b>1</b>	<b>First class:</b> <ul style="list-style-type: none"> <li>• Functional Fitness Assessments Scorecard</li> <li>• Pre-fitness assessments</li> <li>• Check Your Risk for Falling questionnaire</li> <li>• Classic or Stability class</li> <li>• Build confidence tip</li> </ul>		<ul style="list-style-type: none"> <li>• Classic or Stability class</li> <li>• Clock drill</li> </ul>		<ul style="list-style-type: none"> <li>• Classic or Stability class</li> <li>• Clock drill</li> </ul>
<b>2</b>	<ul style="list-style-type: none"> <li>• Classic or Stability class</li> <li>• Importance of physical activity</li> </ul>		<ul style="list-style-type: none"> <li>• Classic or Stability class</li> <li>• Grapevine exercise</li> </ul>		<ul style="list-style-type: none"> <li>• Classic or Stability class</li> <li>• Grapevine exercise</li> </ul>
<b>3</b>	<ul style="list-style-type: none"> <li>• Classic or Stability class</li> <li>• Importance of home safety tip and handout</li> </ul>		<ul style="list-style-type: none"> <li>• Classic or Stability class</li> <li>• Line drill</li> </ul>		<ul style="list-style-type: none"> <li>• Classic or Stability class</li> <li>• Line drill</li> </ul>
<b>4</b>	<ul style="list-style-type: none"> <li>• Classic or Stability class</li> <li>• Cognitive health tip</li> </ul>		<ul style="list-style-type: none"> <li>• Classic or Stability class</li> <li>• Marching exercise</li> </ul>		<ul style="list-style-type: none"> <li>• Classic or Stability class</li> <li>• Marching exercise</li> </ul>
<b>5</b>	<ul style="list-style-type: none"> <li>• Classic or Stability class</li> <li>• Medication and side effects tip</li> </ul>		<ul style="list-style-type: none"> <li>• Classic or Stability class</li> <li>• Speed and reaction time drill</li> </ul>		<ul style="list-style-type: none"> <li>• Classic or Stability class</li> <li>• Speed and reaction time drill</li> </ul>
<b>6</b>	<ul style="list-style-type: none"> <li>• Classic or Stability class</li> <li>• Footwear tip</li> </ul>		<ul style="list-style-type: none"> <li>• Classic or Stability class</li> <li>• Tandem walk drill</li> </ul>		<ul style="list-style-type: none"> <li>• Classic or Stability class</li> <li>• Tandem walk drill</li> </ul>
<b>7</b>	<ul style="list-style-type: none"> <li>• Classic or Stability class</li> <li>• Eye health tip</li> </ul>		<ul style="list-style-type: none"> <li>• Classic or Stability class</li> <li>• Muscular power drill</li> </ul>		<ul style="list-style-type: none"> <li>• Classic or Stability class</li> <li>• Muscular power drill</li> </ul>
<b>8</b>	<ul style="list-style-type: none"> <li>• Classic or Stability class</li> <li>• Importance of agility</li> </ul>		<ul style="list-style-type: none"> <li>• Classic or Stability class</li> <li>• Balance drill</li> </ul>		<ul style="list-style-type: none"> <li>• Classic or Stability class</li> <li>• Balance drill</li> </ul>
<b>9</b>	<ul style="list-style-type: none"> <li>• Classic or Stability class</li> <li>• Blood pressure tip</li> </ul>		<ul style="list-style-type: none"> <li>• Classic or Stability class</li> <li>• Calf raise exercise</li> </ul>		<ul style="list-style-type: none"> <li>• Classic or Stability class</li> <li>• Calf raise exercise</li> </ul>
<b>10</b>	<ul style="list-style-type: none"> <li>• Classic or Stability class</li> <li>• Importance of strength training</li> </ul>		<ul style="list-style-type: none"> <li>• Classic or Stability class</li> <li>• Chair stand exercise</li> </ul>		<ul style="list-style-type: none"> <li>• Classic or Stability class</li> <li>• Chair stand exercise</li> </ul>
<b>11</b>	<ul style="list-style-type: none"> <li>• Classic or Stability class</li> <li>• Importance of flexibility</li> </ul>		<ul style="list-style-type: none"> <li>• Classic or Stability class</li> <li>• Heel stand drill</li> </ul>		<ul style="list-style-type: none"> <li>• Classic or Stability class</li> <li>• Heel stand drill</li> </ul>
<b>12</b>	<ul style="list-style-type: none"> <li>• Classic or Stability class</li> <li>• Nervous system tip</li> </ul>		<ul style="list-style-type: none"> <li>• Classic or Stability class</li> <li>• Sensory receptor drill</li> </ul>		<b>Final class:</b> <ul style="list-style-type: none"> <li>• Functional Fitness Assessments Scorecard</li> <li>• Post-fitness assessments</li> <li>• Check Your Risk for Falling questionnaire</li> <li>• Classic or Stability class</li> <li>• Sensory receptor drill</li> </ul>