

Falls Risk Factor Visual Brainstorming Activity

This activity can be used with older adults or staff members.

- 1) Create a visual aid (example below) using bristol board or chart paper.
- 2) Brainstorm the various risk factors for falls.
- 3) Have your group write the risk factors right on the visual aid.
- 4) Discuss potential interventions/tips on how to lower the risk of falls.

Post your visual aid in a visible area and add to it regularly during Fall Prevention Month.

