



## You are the CSI of falls!

JUST BEFORE WE START OUR 2<sup>nd</sup> SET OF EXERCISES:

1. Reach under your chair.
2. One member at your table will locate an envelope taped to the bottom of his or her chair. Could all those with the “envelope” please meet me in the foyer for a 5 minute “briefing” after exercises and before you hit the buffet table!
3. DO NOT share the contents of your envelope with anyone in the room!

### INSTRUCTIONS TO CLUE CHARACTERS

1. You are a character out of the game CLUE. Please read through your character description.
2. To start this afternoon you will be asked to share with your table the “I am” statement which is bolded.
3. It is your tablemates job to use the Multi-factorial screening guide to find out what risks you have for having a fall.
4. I have highlighted in yellow the 3 primary risks for your character but you will notice that some have many more risks. You may have to hint to your group when they have discovered one of the 3 primary risks.
5. Everything else – feel free to make up answers, have fun with your character!

## INSTRUCTIONS TO LARGE GROUP

1. Has anyone played the game of CLUE? Well someone at your table is a character from the game of CLUE. Although there will be no murders in the library with a candlestick, your Clue character is at risk of a fall.
2. You are the Crime Scene Investigators (CSIs) of falls, it is your mission to find out why your Clue character is at risk of a fall.
3. You will have 5-10 minutes to quiz your Character. Use your Multifactorial Risk Screening guide (in your package) - to help you. Feel free to write on it!
4. Hint - Each character has at least 3 risk factors for a fall.
5. I will call us back in about 10 minutes, and at this time, you will be directed to visit the displays about the room and find the solutions to preventing a fall for your Character. GOOD LUCK!

OKAY – have you discovered your 3 primary risks?

6. It is time to visit the displays where you will learn more about what the character might do to lessen their risks. You can visit the displays as a group or delegate certain members to certain displays – you decide Please tell the person at the display who your character is.
7. The experts at the displays will be able to give you solutions specific to your character – and may give you a piece of your puzzle to bring back to your table. You should have 3 pieces to your puzzle.
8. Put the pieces together to solve your puzzle!

OKAY – have you solved your puzzle?

Ms Scarlets – what is one thing you can do to lessen your risk?

Mrs White

Prof Plum

Mrs. Peacock

Colonel Mustard

Mr. Green

Have you sharpened your CSI skills? Know what to look for in your clients, patients residents?

THANKS FOR PLAYING! And SPECIAL THANKS TO THE CLUE CHARACTERS!



## Mr. Green

**I am Mr. Green and I am a wheeler and dealer in the business world.**

Still working at the age of 68.

Lots of business lunches, no time for exercise.

He lives with his third wife in a condo overlooking the water. She is a great woman, has his drink and slippers ready when he gets home, sometimes not until 8 pm.

He is often too tired to have dinner, so just has a **drink or two** before bed.

Has **type 2 diabetes** and high blood pressure and is very overweight.

Recently visited the doctor and had his blood pressure checked. It was very high, so the doctor **doubled his medication**.

His Hbg A1C was also up to 10.5% so the doctor placed him on bedtime insulin.

Mr. Green has just started wearing bifocals and is having difficulty reading the dosage dial on his insulin pen.

On the “G”

Meds Check with his pharmacist every six months

Diabetes Education re: insulin, diet, exercise

Safe drinking guidelines – Men- 3 drinks per day (15/week)



## Mrs. Peacock

**I am Mrs Peacock and I am a very wealthy 78 year old widow.**

Lives in the beautiful mansion built by her husband. The pride of this mansion is the expansive marble staircase leading up to the front door.

Mrs. Peacock is very overweight. She used to love dancing, but since her husband died 10 years ago, she has not been very active.

Just after her husband died, she was diagnosed with **type 2 diabetes**. She loves rich foods and has a passion for chocolate. Her doctor has her on **3 types of medications** for diabetes, trying to get her sugars under control. She has refused to start insulin.

As a result of her diabetes, she has lost sensation in her feet, and it is now affecting her vision.

She has just started taking Tai Chi. Her nurse practitioner encouraged her to do this after she had a fall a month ago, and she is hoping it will improve her balance.

Unfortunately, living alone (except for her maid, Mrs. White) she often **forgets** to take her medications – 3 for her diabetes, 1 for the tingling in her feet, 1 for her irritable bladder, 1 for her blood pressure and 1 for her cholesterol. In fact, she is forgetting many things these days and is worried that she will forget her bridge club!

On the P

Meds check with her pharmacist every six months

Diabetes education: hypoglycaemia affects of medications + diet

Testing at Memory Clinic at Family Health Team or GBHS



## Professor Plum

**I am Professor Plum and I am a bachelor, living in my small house close to the university.**

Teaches in the philosophy department and walks to work every day.

Loves reading, and the house is full of books, piles and piles, and piles of books.

Has bifocals and needs to get his **glasses checked** as it has been several years, but he never finds the time and knows how expensive new glasses are.

Has also discovered the power of the internet and moves his laptop about the house. Although earning a significant wage, Professor Plum has always been a frugal man. He refuses to purchase wireless internet, finding that the blue chord stretches to every room in the house.

He loves nothing better than coming home and putting on his very old pair of slippers and his smoking jacket.

At a recent visit to his doctor, he found out that his blood pressure was up a bit, so the doctor has **just prescribed medication**. Despite a touch of **arthritis** that makes him stiff, especially when trying to get out of bed, this is the first time he has had to take anything stronger than an aspirin.

He was too embarrassed to mention to his doctor that he is up several times throughout the night to pee, fearing that the doctor might need to check his prostate.

On the “P”

Eye check up every year

Meds check once a year

PACE exercise program – Arthritis Society



## Ms Scarlett

**I am Ms. Scarlett and I am a socialite, living in a very high end condo overlooking the water.**

She refuses to divulge her current age.

No one knows where she has gotten her money from. Rumour has it she was a model in her younger years.

Her passion remains her wardrobe, and would rather be caught dead than not be in her heels. She has noticed she has **lost some height**, and she will not give up her heels.

Her favourite room in the house is the bathroom with its very large sunken marble tub in the middle of the room.

She has recently had +++ headaches, but puts these down to her refusal to wear glasses, after all, they are not fashionable.

She maintains her sleek figure through very strict diet control, often skipping breakfast and lunch. **Smoking** takes the edge off when she is hungry.

Of course she never misses **cocktails** with her social group. She associates the increasing tremors in her hands to these cocktails and has promised to cut down on her drinking.

On the “S”

Investigation for osteoporosis

Smoking Cessation at FHT or Health Unit

Safe drinking guidelines, Women -2 drinks per day (10/week)



## Colonel Mustard

**I am Colonel Mustard and I am a WW2 vet, living in StoneyRidge Long Term Care Home.**

Has a limp due to a war wound, and is a right hand amputee (picked up a live grenade in the war)

Has **vision** and hearing deficits, consistent with someone of his age.

Staff at the home complain that he is becoming increasingly **forgetful**. He often forgets his cane, can never find his glasses and often spends half the night roaming around the unit.

Refuses to give up his **pipe** and sneaks outside at all times of day and night to have a smoke.

On the "M"  
Memory Clinic assessment at FHT or GBHS  
Vision testing on yearly basis  
Smoking Cessation Aids at FHT or Health Unit



## Mrs White

**I am Mrs White and I am a maid in Mrs. Peacock's mansion.**

Like most maids in not paid very highly, she would love to retire, as she is now 66 years of age, but her husband was a gambler and left her for a younger woman and took all their savings.

Although she has always been active as a maid, she is slowing down. Last month she bent over to make a bed and suddenly felt a pain in her back. She attributed that to her **arthritis**.

She lives in the small house she inherited from her mother, and since her husband left 5 years ago she has been adopting cats, and is now up to 10 in the house.

After working all day she often comes home and has just tea and toast and falls asleep in her chair.

Once she does go to bed, her aches and pains make her toss and turn, so some nights she needs to take a **sleeping pill** to help her get back to sleep. Sometimes she takes a nip of brandy and that helps as well.

Her doctor has also told her to drink more milk as she is losing height and **her bones are brittle** but she saves the milk for her cats.

On the "W":

PACE exercise program – Arthritis Society

Treatment for Osteoporosis

Meds check on a yearly basis

**Exhibitors:**

Arthritis Society: Plum, White

Osteoarthritis: Scarlett, White

Pharmacy: Plum, Green, Peacock, White

Alzheimer: Mustard, Peacock

Hearing/CNIB: Plum, Green, Mustard

Diabetes: Green, Peacock

CMHA (drinking guidelines, smoking cessation): Green, Scarlet, Mustard













