



Falls Prevention Month

JEOPARDY



HOW TO PLAY FALLS PREVENTION JEOPARDY

1. Click on the numbers under each category to see the question
2. After reading the question, let participants answer, you can provide hints.
3. Click your mouse or enter key to see the answer
4. Click on the house on the bottom right hand corner to go back to the Jeopardy Question Board and select another question

This is to be an interactive game with prizes throughout. You can select teams if you decide this would be better in your environment.

Click your mouse to continue

Home Sweet Home	Risk Factors	Put your left foot out	Let's get physical	Left to our own devices
<u>100 pt</u>	<u>100 pt</u>	<u>100 pt</u>	<u>100 pt</u>	<u>100 pt</u>
<u>200 pt</u>	<u>200 pt</u>	<u>200 pt</u>	<u>200 pt</u>	<u>200 pt</u>
<u>300 pt</u>	<u>300 pt</u>	<u>300 pt</u>	<u>300 pt</u>	<u>300 pt</u>
<u>400 pt</u>	<u>400 pt</u>	<u>400 pt</u>	<u>400 pt</u>	<u>400 pt</u>
<u>500 pt</u>	<u>500 pt</u>	<u>500 pt</u>	<u>500 pt</u>	<u>500 pt</u>

If you weigh more than a towel,
using one of these to support your
weight, can be very dangerous.



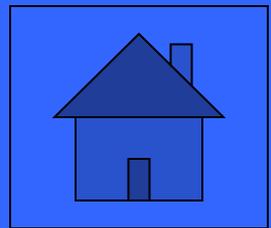
What is a Towel Bar?



You never want to have these
across areas where you or others
walk because they can cause you
to trip.



What are Electrical Cords?



It is a good idea to have one of these at both the top and the bottom of the stairs so you can turn the light on or off from the top or bottom.



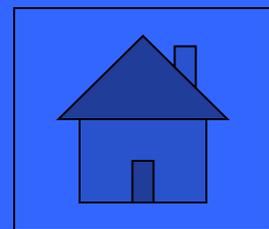
What is a Light Switch?



As we get older we may need more light to brighten dark corners and outdoor areas, so we might want to put in these with higher watts.



What are Light Bulbs?



We should always have non-skid strips in these.



What is a Bath Tub or Shower?



These furry friends can get tangled
up in our feet and cause a fall.



What is a Dog or Cat?



Drinking too much of this can
make you light headed and dizzy
and should be avoided.



What is Alcohol ?



This gender is more than twice as likely to suffer a fracture from a fall.



What is a Female ?



People over this age are four to five times more likely to be admitted to a long-term care facility after a fall.



What is Age 75 ?



If you take multiples of these
and do not have them
reviewed by a professional,
you may be at a higher risk.



What are Medications?



Doing this can cause you to walk too fast and not notice cracks or steps.



What is being in a
Hurry ?



Sidewalks and streets can
be slippery when it does
this.



What is Rain or snow?



Double Jeopardy

These should have a thin rubber sole with a light tread and have a good fit.



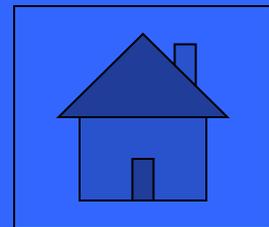
Double Jeopardy

Double Jeopardy

What are Shoes and/or
slippers?



Double Jeopardy



This organ helps us focus
on what we're doing, whether
inside or out.



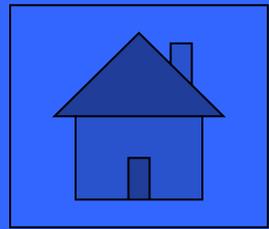
What is a Brain?



We should never block our view of our feet when walking so we need to be careful when we do this.



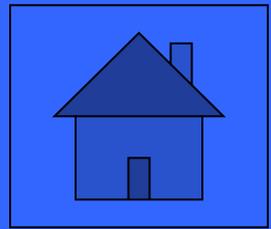
What is Carrying Items ?



This exercise can improve
your balance.



What is Tai Chi ?



We should always sit up, stretch
and move our arms and legs
before doing this.



What is Getting out of Bed ?



It's a great way to stay fit as we grow older keeping our muscles and bones strong and preventing falls.



What is Exercise ?



Dragging our feet when we walk
can cause a stumble so it
is important to do this as we walk.



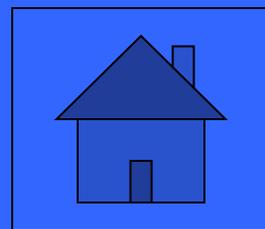
What is Picking up our Feet and Walking Heel – Toe?



Dehydration can cause light-headedness and dizziness, so we have to remember to drink plenty of this especially when exercising or outside on a hot day.



What is Water ?



It is a good idea to have these on both sides of the stairs and to always use them.



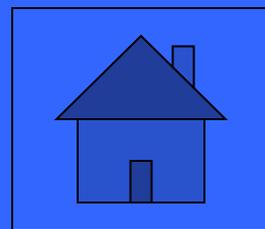
What are Hand/Stair Rails ?



This is a handy item to have with you when you travel, to keep next to the bed, so you'll always know where the closest light is.



What is a Flashlight ?



Double Jeopardy

We should always talk to a
Therapist about proper use of this
device.

Double Jeopardy



Double Jeopardy

**What is a Cane or Walker
?**

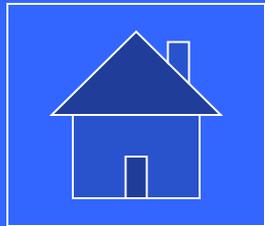
Double Jeopardy



If you have a prescription for these, you need to wear them and keep them clean.



What are Glasses and or hearing aides?



It is a good idea to have these
in the bathroom because it makes it
easier to get up.



What is a grab bar ?



Final Jeopardy!



These items which are commonly found in homes should be “thrown” out as they can cause falls.



What are Throw Rugs ?



Jeopardy Game Template adapted from the work of Susan Collins and Eleanor Savko, District Resource Teachers for Hardin County Schools: www.hardin.k12.ky.us/res_tech/sbjarea/math/MathJeopardy.htm And further adapted from the Kansas Foundation for Medical Care.

