

No Falls November

Activity ideas

Below are suggestions of activities for your team to implement throughout No Falls November. There are activities which can be undertaken by both health professionals and consumers.

There are general activities ideas, as well as suggestions for each themed risk awareness day.

General activity ideas

- Create a display board with information about falls risks.
- Identify and discuss a falls risk factor in a staff meeting, and identify how practice could be improved or changed.
- Use the No Falls November quiz resources to test consumers and visitors' knowledge of falls.
- Discuss the falls risk factors of the future.
- Create a newsletter article about falls prevention and share it with your team.
- Create a short presentation of risk factors for falls and present it to your team.

Move it Monday

- Create an exercise and mobility plan for consumers.
- Hold a chair exercise class for your consumers.
- Hold a hula-hoop competition for consumers to see who can spin for the longest.
- Hold a low-impact group game, such as bat the balloon or kick a goal.



Teach back Tuesday

- Complete a one-on-one falls education with consumers.
- Distribute No Falls November consumer leaflets.
- Educate staff about falls, using a medium that works best for your team.
- Invite a patient/consumer to talk to staff about their falls experience.
- Test your knowledge of falls hazards by setting up a room/area with hazards to be identified, or use the No Falls November Spot the Falls Hazard resource.



Wobbly Wednesday

- Show staff how to take a lying and standing blood pressure reading.
- Educate consumers on orthostatic hypotension, providing them with the Wobbly Wednesday consumer leaflet.
- Educate staff on orthostatic hypotension and the non-pharmacological actions that can be taken.
- Set up a blood pressure testing station for visitors.



Tinkle Thursday

- Invite a physiotherapist to teach your team about pelvic floor exercises.
- Identify consumers with incontinence and suggest interventions to manage their falls risk.
- Create a toileting program with your patients.
- Hold a tour of your ward to show consumers where the toilets are, and encourage them not to rush.
- Hold a practice run for when consumers need to access the toilet, such as ensuring they know how to use the call bell.



Forget Me Not Friday

- Hold a staff training on recognising cognitive impairment in consumers, and role play providing care for these consumers.
- Provide some puzzles and activities for consumers, such as the No Falls November colouring-in resource.
- Encourage consumers with pre-existing conditions such as dementia to share their daily routine to improve their comfort and reduce stress.
- Encourage consumers, their families and carers to create 'About Me' displays which include photographs and personal items.

