



The Falls Free Craft Project Idea was conceived from a conversation with Chair Arlene Grosso and her Grandson Max.

While talking about how difficult it was to get older people to listen to falls prevention education Max said “Why don’t you have the Grandkids give the information to the Grandparents? When Mom tells you something, you don’t want to listen but when I tell you something you’re all ears!”

Since Grandparents Day is in the same month as NCOA’s Falls Prevention Month it seemed like a great project for our Coalition.

I assembled a fantastic Steering Committee and told them I wanted to do a Grandparent Falls Prevention Education Project utilizing NCOA’s “6 Steps to Prevent a Fall”. One of our Fire Department Educators, Jillian Rose, came up with the idea to print each of the 6 Steps on a flower petal and do a Flower Craft Project. Early childhood falls prevention education could be learned while creating a meaningful gift for a grandparent or special older adult in their life.

The Project Proforma was sent to the NCOA for their approval and became a reality.

The feedback on this Project has been extraordinary! Older adults treasure the craft made by the special little ones in their life and at the same time become aware of important falls prevention information.

There are two ways to do the craft: A paper template can be colored then glued together to form the Falls Free Flower and is suitable for mailing... or, it could be hung on a wall or refrigerator. The Enhanced Project puts the completed flower into a small terra cotta pot to be placed on a table or countertop.

There is a template specifically for Grandparents Day and one for Any Day of the year usage.

The Project Templates can be requested free of charge to Arlene Grosso at arlene@accessanddesignfl.com. The template, Instruction Sheet and Project Survey will be emailed to you.

Please specify "Grandparents Day" or "Any Day" Project when requesting. Thank you for your interest in our intergenerational activity that promotes Falls Prevention Awareness!

Arlene Grosso CAPS SRES ECHM

Chairperson & Founder - Falls Free Pinellas

727.560.8965