



Discussion Questions for Falls Prevention Awareness Week Lunch and Learn Virtual Webinar Series Watch Parties

The goal of this discussion guide is to create an interactive and positive experience for all participants, promoting open conversation and encouraging the sharing of personal experiences following the virtual lunch and learn webinar series.

1. Fall-Proof Your Home Part 1: Exploring HomeFit

- What are some common areas in our homes that cause the highest risk for falls, and how can we make them safer?
- How can we find a balance between keeping a comfortable home and making necessary changes to prevent a fall?
- Share your experiences or challenges with trying the HomeFit recommendations. What changes have you made, and have they been helpful? What changes do you plan to make?
- How can we increase awareness about HomeFit and how to prevent falls in our community or among our peers?

2. Fall-Proof Your Home Part 2: Exploring Steps to Safety - Prevent Fire and Falls at Home

- What are some possible fire dangers/risks in our homes, and how can we address them while also thinking about preventing falls?
- How can we involve and teach other family members, such as children and grandchildren, about fire safety and fall prevention?
- Share any personal stories about how fire safety practices or fall prevention measures have made a big difference in someone's life.
- Discuss practical tips for keeping a safe home environment and preventing falls in multi-generational families.

3. Caring Conversations: Discussing Falls Prevention with Family through the Prepare to Care Guide

- Why is it important to have open and honest conversations with our family members about preventing falls and other things related to getting older?



- What are some effective ways to start these discussions with loved ones who might be resistant to the idea of needing help?
- Share personal experiences or success stories of families coming together to plan ways to prevent falls and improve safety.
- How can we use the Prepare to Care Guide from AARP to help start these important conversations?

4. Discovering Balance: Unlocking the Benefits of Tai Chi for Arthritis and Fall Prevention

- How does Tai Chi help with improved balance, flexibility, and strength, which helps to prevent falls?
- Share your experiences or thoughts on working Tai Chi into your daily life and on your well-being.
- How can we encourage and support each other to take part in Tai Chi classes or programs in our community or senior center?

5. The Power of Connection: Communication, Mental Health, and Falls Prevention

- How does maintaining strong social connections and communicating regularly with friends and family help to prevent falls?
- Share any personal experiences or examples of how mental health and emotional well-being affect physical balance and fall risks.
- Discuss some different ways to stay connected, even during times when in-person interactions may be limited.
- How can we work together to create a supportive environment that supports mental well-being and falls prevention within our organization or senior center?

6. Polypharmacy, Falls, and the Vital Need for Comprehensive Medication Reviews

- How can we increase knowledge about the potential risks of polypharmacy (using 5 or more medications) and its connection to falls within our community?
- Share any personal stories about medication reviews and their effect on reducing fall risks.



- What are some possible barriers/things that might get in the way of having a complete medication review and how can we work together to overcome them?
- How can we work together with healthcare professionals to highlight the importance of medication management for falls prevention?

7. Check, Update, Enhance: The Power of Annual Vision and Hearing Checkups for Optimal Health

- Why are regular vision and hearing checkups important for falls prevention, and how can we motivate ourselves and others to make sure these happen?
- Share any examples where learning about vision or hearing issues early led to a reduction in fall risks.
- Discuss possible barriers that older adults might face in accessing vision and hearing care, and how we can offer support as a community.
- How can we use technology and other resources to make it easier for older adults to stay on top of their once-a-year checkups for best health and falls prevention?