

Falls Prevention Idol Competition Rules

The Competition

The goal of the competition is to inspire and challenge others to take proactive action to prevent falls in their own lives. By creatively presenting various fall prevention actions and recommendations, senior volunteers can bring about real change in their peers.

Skit team will consist of 3 to 5 members. One participant may be a Senior Center Staff member or other professional, and the remainder of the team shall consist of senior volunteers.

Performances shall have a stage time minimum of 3 minutes, and no longer than 5 minutes in length. Two minutes will be allowed for setup/prop placement.

If music is used, a flash drive with an mp3 or a link with the music will be provided to the Falls Prevention Fair staff no later than one week prior to the competition.

The performance must communicate **at least three** of the key messages of Falls Prevention Awareness Week.

Key Messages:

- Most falls are preventable
- Falls are not a natural part of aging
- Let's move from Awareness to Action!
- Take Control of Your Health: 6 Steps to Prevent a Fall
 1. Find a good balance and exercise program
 2. Talk to your health care provider
 3. Regularly review your medications with your doctor or pharmacist
 4. Get your vision and hearing checked annually
 5. Keep your home safe
 6. Talk to your family members

For example, a skit may communicate these three messages:

- Falls are not a natural part of aging
- Talk to your Health Care Provider
- Talk to your family members

Or these three:

- Let's move from Awareness to Action
- Find a good balance and exercise program
- Keep your home safe

Judging Criteria

Falls Prevention Message (60 points)

The performance focuses on the message behind Falls Prevention Week and the commitment to move from Awareness to Action.

The performance emphasizes the 6 steps to prevent a fall.

The performance inspires and challenges others to take proactive action to prevent falls.

Safety is most important: No team members are harmed or put in harm's way during the performance.

Creativity and Originality (40 points)

The performance exhibits creativity in its design and execution.

The performance exhibits original ideas, concepts, and content.

The performance is memorable, relevant, and interesting.

Prizes

First prize: \$250 cash

Runner up: \$100 in gift cards

Honorable mention: Falls Prevention Prize Package