

Falls Prevention Month Resources

Take Action Resources will help you plan, promote and host your own activities.

List of Social Activities and Games:

CSI Clue Game

Developed by Lynda Hoffmeyer from Grey-Bruce Owen Sound Cardiac Rehab Program. An activity that allows your group to be detectives for fall prevention. Based on the board game "Clue." Can be used with up to 10 people.

Game information: <https://www.fallpreventionmonth.ca/adults/take-action-adults/ideas-for-activities-/csi-clue-game>

Game instructions <https://www.fallpreventionmonth.ca/uploads/Toolkits/CSI%20Game.pdf>

Word Scramble

Developed by Sherbrooke Community Centre of the Saskatchewan Health Authority in Saskatoon.

This activity can be done as an individual activity or in teams for staff in various sectors. It can be made into a challenge to engage staff (e.g. All completed scrambles can be submitted for a draw of 3 prizes - Tim Horton's gift cards).

Scramble information: <https://www.fallpreventionmonth.ca/adults/take-action-adults/ideas-for-activities-/word-scramble>

Word Search

Developed by Saskatchewan Health Authority- Saskatoon area.

Search for words related to the risk factors for falls in this word search puzzle. Take this opportunity to start a conversation about fall prevention, risk factors and what can be done to reduce the risk of falling. This can be done individually or with a group in the form of a contest to see who can complete this first. It is great to spark conversation of all the risk factors for falls there are.

Word Search <https://www.fallpreventionmonth.ca/adults/take-action-adults/ideas-for-activities-/word-search>

Falls Risk Factor Visual Brainstorming Activity

Developed by Saskatchewan Health Authority- Saskatoon area.

This activity can be used with staff members. Create a visual aid using Bristol board or chart paper and brainstorm with your group the various risk factors for falls. Have your group write the risk factors on the visual aid. Discuss potential interventions/tips on how to lower the risk of falls. Post the visual aid in a visible area and add to it regularly during Fall Prevention Month.

Brainstorming Activity: <https://www.fallpreventionmonth.ca/adults/take-action-adults/ideas-for-activities-/fall-risk-factor-visual-brainstorming-activity>

For more fun games and Falls Prevention Activities please visit:

<https://www.fallpreventionmonth.ca/adults/take-action-adults/ideas-for-activities->