

# Spring into Action

Being active can reduce falls risk



► [fallsnetwork.neura.edu.au/spring-into-action-to-prevent-falls](https://fallsnetwork.neura.edu.au/spring-into-action-to-prevent-falls)

## : Consumers-test your knowledge of Falls Prevention and

Indicate your responses to each question, then check the answers at the bottom of the page

- 1. Where do *most* inpatient falls occur in the Hospital?**
  - a) In the bathrooms?
  - b) By the bedside?
  - c) In the hallways?
- 2. Where do *most* falls occur in the community?**
  - a) In the home
  - b) In public places
  - c) On public transport
- 3. Most falls occur inside the home than in the yard.**
  - a) True
  - b) False
- 4. Women fall more often inside the home and men outside in the yard.**
  - a) True
  - b) False
- 5. Where do *most* falls occur inside the home?**
  - a) Bathrooms and toilets
  - b) Laundries and kitchens
  - c) Bedrooms, hallways and living areas
- 6. Overall, research has shown doing exercise, can reduce falls risk in older adults by how many percent?**
  - a) 10%
  - b) 15%
  - c) 23%
- 7. For older adults >65, to maintain general health, how much moderate to vigorous level exercise is recommended as a minimum?**
  - a) 10 mins per day
  - b) 1 hour per day
  - c) 22 mins per day
- 8. What everyday moderate fitness activities are good for your heart, lungs and blood vessels?**
  - a) Brisk walking
  - b) Yard and garden work
  - c) Mopping and vacuuming
  - d) Swimming
  - e) Tennis
  - f) Cycling
  - g) All of the above.
- 9. In addition to general physical activity, which other types of exercise is recommended for falls prevention for older adults (>65 years)**
  - a) Stretching and joint mobility exercise
  - b) Functional strength exercise and exercise with high balance challenge
  - c) Aqua (water-based) exercise
- 10. What percent of older adults (>65 years) do enough weekly physical activity and muscle strengthening activities?**
  - a) 40%
  - b) 20%
  - c) 10%

