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## Agenda and Objectives

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1. Overview of today's session
  2. Exercises
  3. Communicating with health care professionals
  4. Fall scenario and discussion
  5. Addressing other topics
- BREAK**
6. Group evaluation
  7. Social time and farewells

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*When out walking,  
look ahead to be aware,  
and walk heel-toe.*

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### **The main objectives of this session are:**

1. To keep advancing the exercises and make them part of your daily routine.
2. To show personal accomplishments.
3. To identify how much you know about falls prevention and your attitudes about coping with falling.
4. To identify things you may want to speak with your doctor about to reduce your risk of falling.

5. To identify any topics you would like to discuss that were not covered yet. These usually include items from the Shopping List completed in Session 1.
6. To say farewells and discuss planned follow-up activities.

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## Dizziness Checklist for Your Doctor

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Dizziness is one of the most common symptoms that can cause an older person to visit the doctor. It also can increase the risk of falling. “Dizzy” is a word used to mean a variety of sensations — from lightheadedness to feeling an abnormal sense of motion to feeling weak or unsteady. Dizziness, like balance problems and falling, too often is accepted as a natural part of aging. There are many things that can be done to help manage it.

**See your doctor to help determine the cause of the dizziness and what you can do about it.**

It is helpful to write the following information down and bring this form with you to your appointment:

1. Describe your dizziness. What does it feel like? (Use a different word than “dizzy” to describe what you feel.)

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2. The first time you noticed you were dizzy, was it a sudden onset or had the dizziness gradually been increasing over time?

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3. How often do you get dizzy?

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4. How long does your dizziness last?

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5. Are there any movements or other things that make you dizzy?

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6. Is there anything that makes your dizziness better?

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**Seek immediate medical advice if you experience any unexplained, recurrent, or severe dizziness, especially along with any of the following:**

- A severe headache or one that is a new or different kind
- Blurred vision
- Hearing loss
- Speech impairment
- Leg or arm weakness
- Loss of consciousness
- New difficulty in walking
- Numbness or tingling
- Chest pain
- Rapid or slow heart rate

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## **Train or subway travel safety**

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### **Planning**

1. Be early so you don't have to rush.
2. Verify your platform with the ticket seller.
3. Call ahead to find out about the station you are leaving from or traveling to. You can find out if it has an elevator, if the platform is curved (it might have a gap if it is curved), or if the steps have a handrail.
4. If you use a cane, be sure to take it when traveling by train or subway.
5. If possible, travel during non-peak times (10 am–2 pm) when there are fewer people.

### **Getting on and off**

1. Ask the guard or someone else at the station to help you.
2. Take your time getting on — be careful stepping up.
3. Get on near the front of the train or subway car.
4. If you have trouble with your knees, try getting off sideways, holding the rail.

### Local knowledge

\_\_\_\_\_ station has



Check if yes:

Stairs with a handrail

Help for the hearing disabled

Taxis and buses nearby Elevator

Escalator

Curved platform

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## **Bus travel safety**

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### **Planning**

1. Have your money ready.
2. Be early so that you are first in the line.
3. Travel during non-peak times (10 am–2 pm) when there are fewer people.
4. There may be bus routes with handicapped-accessible buses. Find out the bus timetables so you can plan ahead. These buses allow easy access on and off the bus if you need it; they're not just for wheelchair access.
5. Take a backpack in case you see little things you might want to buy.
6. Go to the bigger stores with a friend.

### **On the bus**

1. Ask the driver not to drive off until you're seated.
2. Take the first seat — up front if possible.
3. Keep a hand free to hold on.
4. Don't get out of your seat or change seats when the bus is moving.



### Getting off the bus

1. Always ask the bus driver to pull up as close as possible to the sidewalk. Tell him you have a problem getting out, even if you don't.
2. When you get off the bus, pause and then go in the direction the bus is traveling.
3. If you have trouble with your knees, it might help to go down the bus steps sideways or even backward.
4. There is often a sign nearby the bus stop. Use it to help you up onto the sidewalk.
5. Thank the driver when he or she is helpful.

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## Exercise Log

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Name \_\_\_\_\_

Week (please circle the week number — circle one)

1 2 3 4 5 6 7

**Check — if I did my exercises this week**

**Balance Exercises** (daily):

**Monday**  **Tuesday**  **Wednesday**  **Thursday**

**Friday**  **Saturday**  **Sunday**

**Strength Exercises** (3 times a week — be sure you have one day of rest between strength exercises):

**Monday**  **Tuesday**  **Wednesday**  **Thursday**

**Friday**  **Saturday**  **Sunday**