

## **April No Falls bingo game**

Bingo playing cards with falls prevention themes, can be used as a recreational activity and at the same time help educate participants on how to prevent falls. These cards can be played under the supervision of a carer/activity co-ordinator in small groups and is fun and engaging. They can be printed on any printer (colour or black and white) on A4 sized paper and if needed laminated for permanent use. They are also provided free of charge to the user. If you have friends and colleagues who would benefit from this recreational and educational activity during the April No Falls month and thereafter please send them a copy and encourage them to participate in raising awareness on falls prevention.

### **Instructions:**

A maximum number of 10 players are suggested, as having more than 10 would allow for multiple winners.

First distribute the bingo boards to participants.

The play leader then shuffles the set of big picture cards and explains to the players that in this version of picture bingo, you will first read the clue to the picture (which is written under each picture) aloud and then show the answer after a few seconds.

For example: "Under the letter G on the bingo board..." "Drinking too much of this can make you light headed and dizzy, and should be avoided." The answer is alcohol and the participants must look in the pictures (on their bingo boards) for clues for alcohol.

Once a participant has identified the clue and the picture you may show them the big picture on the card and discuss why taking alcohol can lead to falls (discussion options). The idea is to have the participants try and guess which picture is correct based upon the clue, before you show them the picture making it engaging and fun to play.

To win: Fill a whole line under each letter to have BINGO.



Under "B"- It is a good idea to have these on both sides of the stairs and to always use them.

**Answer: Stair rails.**

Discussion: Having an additional stair rail installed can prevent falls.



Under "N"- Eating this is important to keep our bones healthy and strong.

**Answer: A balanced diet.**

Discussion: A healthy, balanced diet with lots of fruit and vegetables helps keep our bones and bodies healthy and strong. A diet rich in fibre also helps bowel movements.



Under "O"- If worn improperly these can increase the risk of falls. They should have a firm back and cover with adjustable fastening, ankle support and a non-slip sole.

**Answer: Footwear.**

Discussion: Wearing the right type of footwear can reduce the risk of falls by helping you balance well and avoid slipping and tripping.



Under "B"- Don't leave these lying around on the floor as you could trip on them and fall.

**Answer: Loose items.**

Discussion: Most falls around the home occur as a result of tripping or slipping. Minimising clutter is one way to reduce this falls risk.



Under "G"- Remove these from areas that you walk to prevent you from tripping on them and falling.

**Answer: Loose cords.**

Discussion: Packing up loose cords or using multi plugs to avoid cords lying across walkways.



Under "N"- These can provide support when you get in and out of the tub or up from the toilet.

**Answer: Hand/grab rails and bath boards.**

Discussion: Having hand rails installed in the bathroom and at doorways with a high step may improve access and make it safer. A bath board across the bath and raised toilet seat may also help.



Under "I"- If you live alone, having this service could summon help if you have a fall.

**Answer: Lifeline.**

Discussion: When to use one, how to get one, if you don't have one and have a fall what steps you can take to get help.



Under "O"- Use this to help keep track of your steps.

**Answer: Pedometer.**

Discussion: Refer to the Ageing with vitality booklet and details about the pedometer.



Under "I"- We should have this done regularly to make sure our vision is still clear and that we still have the right lenses.

**Answer: Eye test.**

Discussion: Poor eyesight can result in falls. Have your eyesight tested regularly. Take particular care when mobilising if you wear glasses. Keep them clean and wear them all the time. If you get a new pair of glasses it takes a few weeks to get used to them, so be careful during that time.



Under "G"- Drinking too much of this can make you light headed and dizzy, and should be avoided.

**Answer: Alcohol.**

Discussion: Older people have a significantly lower tolerance to alcohol. Consuming too much alcohol, especially with medication can greatly increase the risk of falls. Cut down on alcohol or stop intake.



Under "N" - Have these reviewed by your general practitioner, especially if taking more than four at a time.

**Answer: Medication.**

Discussion: Medicines can make a person drowsy and also affect balance. Hence it is important that you make a complete list and have your doctor regularly review your medication. This also includes over the counter medicines. Talk to your general practitioner.



Under "I"- Using one of these can help you walk better.

**Answer: Walking frame or stick.**

Discussion: If your balance is reduced, using a walking aid (like a frame or stick) can make your walking safer. Reaching for furniture and walls while walking may indicate need for a walking aid. However it's important that you be assessed and shown how to use it correctly. A physiotherapist can help you with this.



Under "B" - This is a great way to stay fit as we grow older. It keeps our muscles and bones strong and can prevent falls.

**Answer: Exercise.**

Discussion: Following an exercise program for strength, flexibility, balance and coordination helps prevent falls. Exercises need to be tailored to your particular need and be safe taking into account your current health.



Under "O"- They support us throughout our lives. It's very important to take good care of them. We walk on them, we dance on them, and we tiptoe on them.

**Answer: Feet.**

Discussion: Talk about the importance of keeping feet healthy to prevent falls.





Under “B” – Use these if the edges of your stairs are not clear.

**Answer: Adhesive non-slip stair edging.**

Discussion: Clearly marked stair edges with white or yellow paint or adhesive no-slip stair edging. These are available for a minimal cost from most hardware stores. If the stairs are carpeted, the carpet should have a short pile, be light in colour and not heavily patterned.



Under “O”- As we get older we need this more in dark corners, outdoor areas, stairwells, corridors and especially at night when we get up to use the toilet.

**Answer: Bright (non-glare) lighting.**

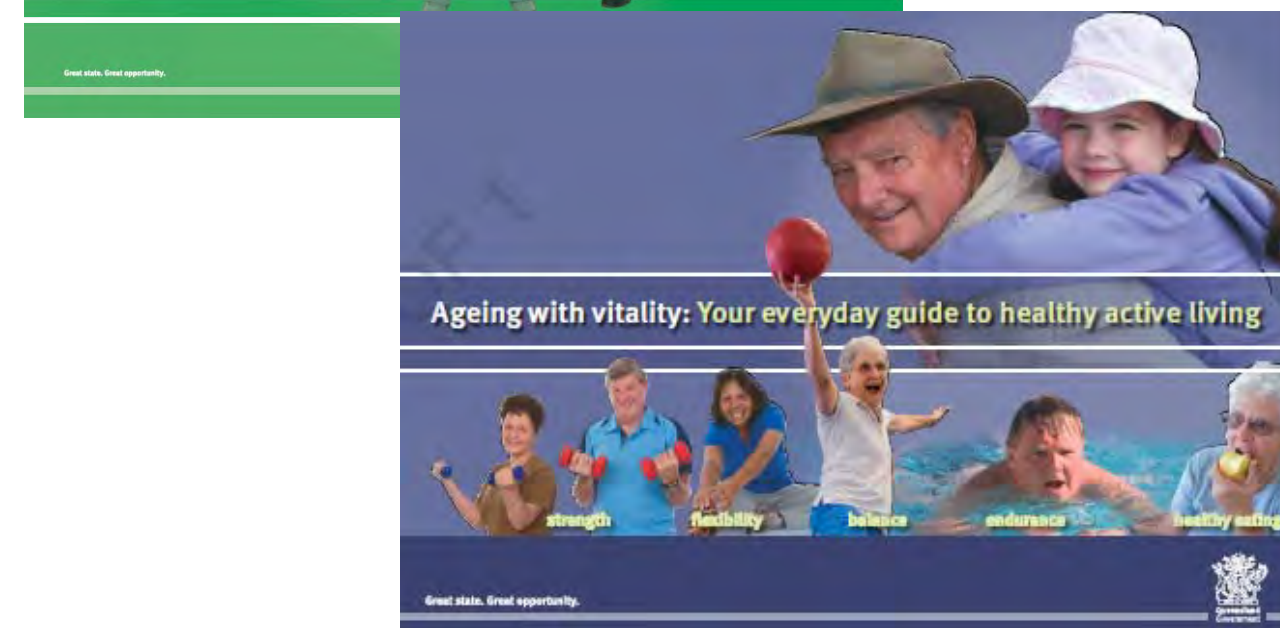
Discussion: Ensure adequate lighting and always switch on the light when entering a dark room even if the room is familiar to you. Have a bed side lamp and use it at night.



Under "N"- Tick as you go and check through the list.

**Answer: Stay On Your Feet® checklist.**

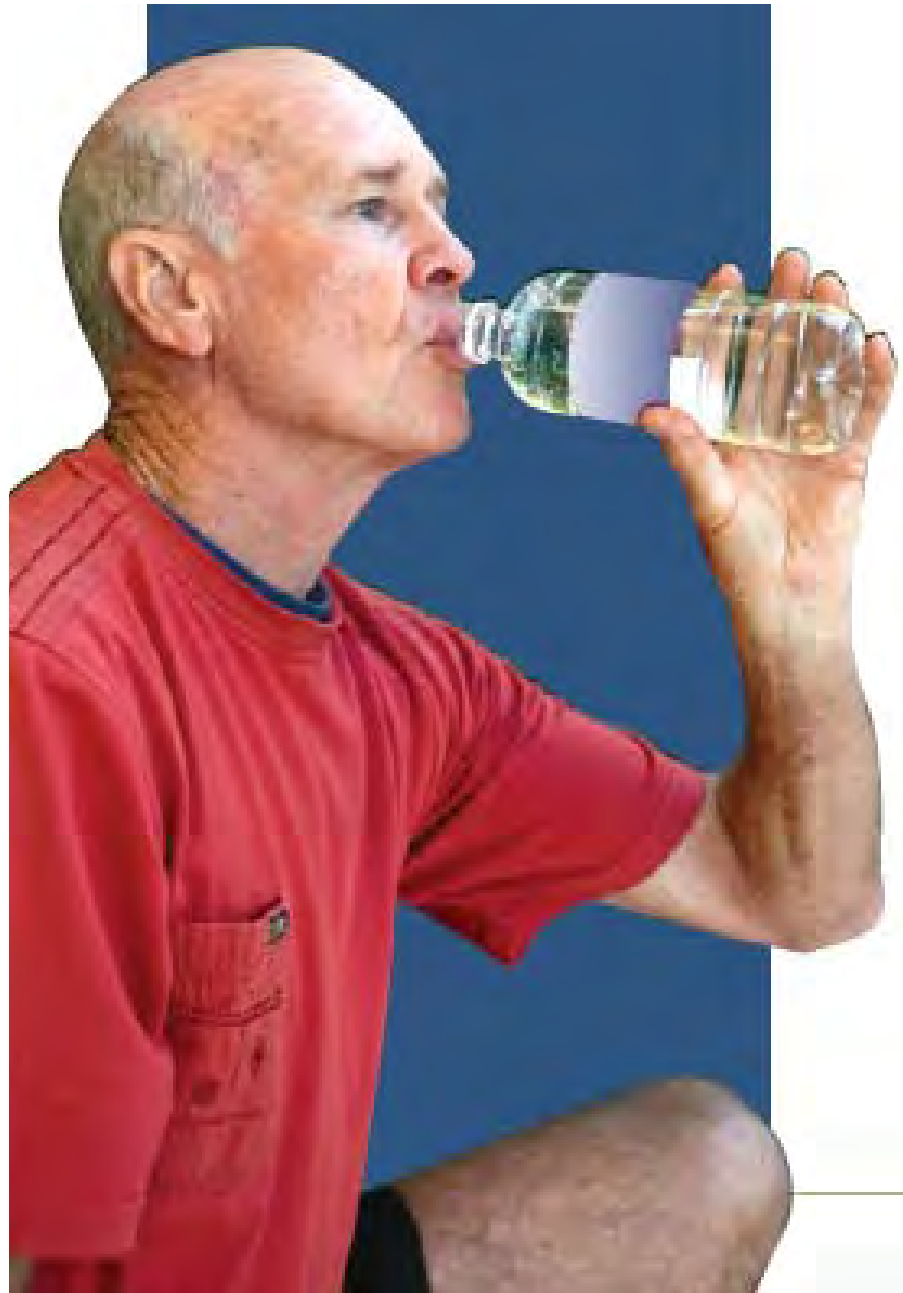
Discussion: Talk about the check list or ask if anyone has used it.



Under "G" – This wonderful resource will guide you to a healthy active lifestyle.

**Answer: Ageing with vitality guide and workbook.**

Discussion: Talk about the guide and workbook and the benefits of using them to keep healthy and active.



Under “G”- Dehydration can cause light headedness and dizziness. So remember to drink plenty of water, especially on warm days and when exercising. It can be flavoured with lime or lemon juice.

**Answer: Water.**

Discussion: It’s important to drink plenty of water to stay hydrated and well.



Under “I” - If you feel dizzy when you suddenly sit or stand up, it is important that your doctor checks this.

**Answer: Blood pressure.**

Discussion: Feeling dizzy when sitting or standing, maybe due to Postural Hypotension. This could be because of your blood pressure dropping in upright positions. If this happens you could be at risk of falls. Speak to your doctor. Get up slowly after you sit or lie down.