Your Name: _____ Date: _____

Assisted Living Facility (ALF) Level II™ Online Dementia Care Training Program

Module 3 Worksheet: MINIMIZING FALLS

1. Why is someone with dementia more at risk of falling?

2. What are three examples of what would be considered a fall?

    a)

    b)

    c)

3. Describe three problems in the environment that increase the risk of falling for people with dementia.

    a)

    b)

    c)

4. Give at least one specific cause of falling for each of the following categories.

    • Changes to the Eye or Visual System:

    • Changes to Joints or to Muscles:

    • Changes to Reflex Responses:

5. When and why is it important to fill out a Falls Evaluation form?

6. What are five of the categories usually included on a falls evaluation form?

   a)

   b)

   c)

   d)

   e)

7. How can knowing the person with dementia and meeting their daily needs help to reduce falls?

8. How would you involve Mrs. Chin's family in order to reduce her chances of falling?

9. List the two types of medications currently approved by the U.S. Food and Drug Administration (FDA) for treating the symptoms of Alzheimer's disease and how their side effects might impact the person's risk of falling.