

‘Teach-Back’ Roleplay Activity – Falls Prevention

In pairs. One person is the **‘friend/relative’** who will be giving information and advice on falls prevention. The other person is the **‘older person’** who is worried about falling.

Context: (both read)

An older friend/relative tells you that they are really worried about having a fall, after one of their friends slipped in the bath and had to go to hospital.

Play out the scenario. The ‘friend/relative’ should give some basic information/ advice on falls prevention. This should include:

- **Common reasons why some older people may fall.** E.g. dehydration, malnourishment, medication, poor eye sight, muscle weakness, etc.
- **Discuss ways to prevent falls.** Include ideas to stay healthy e.g. eating a balanced diet, staying hydrated, asking for a ‘Medicine Use Review’ with a GP or Pharmacist, staying active, booking an eye test, etc. And/or ideas to make their home more fall-proof e.g. removing clutter, using non-slip mats in the bath/shower, removing rugs, having good lighting, etc.
- **If relevant, mention daily living equipment and technology.** E.g. Grab rails/ hand rails, easy-reach grabbers, non-slip bath mats, automatic night lights, etc.
- **Use teach-back at the end to check understanding.** You could say that you’ve recently had some training or read some information on falls, so it’s been good to share this information with someone. Then you could say something like: “Just so I can check that I’ve explained it well to you, would you be able to tell me what you’re going to try now and why that’s important?”.

Swap roles, if time.