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### **Week 1 - Resources Reviewed During Class**

- [Stay Independent Fall Risk Assessment Tool](#)
- [Stay Independent: Prevent Falls CDC STEADI Fact Sheet](#)
- [6 Steps To Prevent A Fall Video](#)
- [Get Started with Exercise](#)
- [Goal Setting Work Sheet](#)
- [Exercise Plan Work Sheet](#)
- [Exercise safety outside](#)
- [Staying Active at Home Video and Exercises for Strength and Balance](#)

### **Additional Resources**

[Staying Active During the Coronavirus Pandemic](#)

### **Week 2 - Resources Reviewed During Class**

- [Medication and Falls - Fact Sheet](#)
- [Medication Record - National Council on Aging](#)
- [Personal Medication List Template - CDC](#)
- [Questions to Ask your Doctor about Medications - Personal Action Plan](#)
- [Go 4 Life Exercise Video](#)

### **Week 3- Resources Reviewed During Class**

[CDC Fall Prevention Home Safety Checklist](#)

[National Council on Aging Fall Prevention Home Safety Checklist](#)

[Video - National Health On Aging Go 4 Life 15-minute Exercise Video](#)

### **Week 4 - Resources Reviewed During Class**

[6 Steps to Prevent Falls](#)

[My Mobility Plan](#)

[Chair Rise Exercise](#)

[Postural Hypotension](#)

[Go 4 Life 7 Strength Exercises - Playlist of Exercise Videos](#)

[Getting Up Off The Floor](#)