

Only Leaves Should Fall – Evaluation Compilation

September, 26 2017

Boys and Girls Club-Fitchburg, WI

Total Number: 40

How did you hear about today's workshop?

- Newspaper
- From our parish nurse and catholic charities
- TV
- Sister
- Word of mouth
- SAIL
- WI State Journal
- Sunday Newspaper Column
- Wisconsin State Journal
- Charlie Daniel
- Goodman Senior Center
- Asked by a facilitator
- Friend
- Midvale Lutheran Church Care Team Ministry
- Newspaper
- Sunday Newspaper
- Friend
- Newspaper
- Dr. Zorba Pastors Column in WSJ
- Noticed at class at Hoyt Center
- Dr. Pastor Article
- Goodman Community Center's Senior Program "Activities for September" Schedule
- Poster at Boys and Girls Club
- Thru my daughter
- NaturoPath at GHC sent information to me
- Cal Bruce's email in nextdoor and SAIL Newsletter
- Newspaper – Dr.Z
- Sister-in-law
- CS Safe Staff Member
- Sister and her husband
- MSCR exercise class
- Fitchburg Senior Center
- Newsletter Fitchburg Senior Center
- Shirley McDonald-Charlie Daniel
- WSJ Dr.Zorba

- A friend from Safe Communities
- Advertisement
- Paper

#### Gender

Female: 30

Male: 10

#### Race/Ethnicity

African American: 5

White: 31

Hungarian: 1

Prefer not to answer: 3

#### Do you live in:

Home: 27

Apartment: 7

Condominium: 4

Senior Apartment: 2

#### Have you fallen in the last year?

Yes: 19

No: 21

#### Were the falls

Inside: 5

Outside: 11

Both: 3

#### What do you think caused the fall?

- Ice
- Ice
- Was distracted by oncoming car and tripped over traffic cone
- Probably inattention
- Slipped on wet wood
- Balance
- Stepped on my shoe lace
- Uneven steps

- Dizziness
- My heart issues and uneven ground
- Being tired, vertigo, carrying too much stuff, losing my balance
- Balance
- Unknown
- Too big of step down
- Faulty letter
- My feet
- Missed the bed
- Old Age
- Lack of knowing safety risk

Were you ever injured from a fall

Yes: 14

No: 5

Are you fearful of falling?

Yes: 18

No: 16

Other: 6

- Not yet
- I'm careful where I walk now
- Just a little
- Somewhat. I've become more conscientious
- I'm concerned more than fearful

Did you find the demonstrations helpful?

Yes: 37

No: 1

Blank (no response): 2

Did you find the screenings informative?

Yes: 36

No: 0

Blank (no response): 4

What risk factors pertaining to you personally did you learn about today?

- Optimize home safety
- History of falls, strength (difficulty getting up from chair)

- One foot balance
- Need physical condition
- Balance
- Balance test showed me a balance weakness
- Balance, Calcium
- Not good balance
- Vitamin D
- Balance on one foot, Tandem Step
- Need to strengthen legs
- I didn't realize I was so slow standing up and sitting down. I found out I took the fall better than I thought I did.
- Learned a lot about falling
- Incontinence
- Not enough vitamin D
- Weak thighs for standing from sitting
- Need to better stay focused on what I am doing and get better/more sleep
- Vitamin D and food
- Balance from physical exercise and worried about falling
- My feet, walking and picking them up
- Take chair straight and get up
- Need more exercise
- Balance
- Vision
- Lack of balance and strength
- Need exercise for balance
- Not real good balance
- Standing

With the information you learned and resources you gathered today, what changes will you make in your life or lifestyle that will help you prevent falling?

- More exercise
- Look at rugs on floor
- Walking more
- Go to a class
- Take tai chi, stepping on classes and elevate feet 20 min. before bed
- Exercise
- Chair get up or exercise class
- Continue exercises at senior center
- Practice balance by sink
- Slower
- Get into SteppingOn program
- Hopefully
- Take SteppingOn

- Pelvic floor and thigh exercises
- Work on my balance and PT
- Exercises
- Maybe get into a class
- Take the Steppin Class
- Practice #12
- I will take more Vitamin D
- Go to classes
- Return to exercise classes
- Balance, Talk to pharmacist
- Be faithful to exercises
- Keeping Active
- Be mindful of how I get out of bed
- Increase exercises
- Tai Chi, be conscious of changes
- Join Tai Chi, SteppingON or yoga
- I will be better able to help my mother and neighbors
- Contact ADRC regarding Caregiver Support
- Exercise
- Will share messages with the team I lead

Do you know where to look for upcoming falls prevention class listing?

Yes: 29

No: 7

Blank (no response): 4

Did the presenter cover the information you were looking for?

Yes: 36

No: 0

Blank (no response): 4

Did you feel the presenter was well prepared and knowledgeable?

Yes: 36

No: 0

Blank (no response): 4

Do you feel you learned something new today?

Yes: 37

No: 0

Blank (no response): 3

Additional Feedback:

- Thank you to all those young, perky, chipper volunteers. They were so much fun.
- Loved all of the individual evaluation and suggestions. Loved Bailly
- Bottles of water were squishy – difficult to use, try firmer plastic. Gallon of cream too hard to use for this population, need 1-2 cup container max. Very appropriate and generous door prizes.
- Thank you for a fun day!
- Hearing was a problem at all stations and in the gym. Please minimize side conversations that are not necessary. Avoid using hallways where the sound echos.
- The students were helpful and informative
- Best Program!
- Ashley E. is wonderful!!
- Great service to community!
- It was great, I am coming back next year to see if numbers have improved after changing my ways and by doing exercises.
- Suggestion: Have printed sheet with balance exercise instructions
- Great help from UW
- Very poor acoustics – hold the meeting at another location. Very excellent content
- Thanks for a wonderful day!
- Well done. Will (student) was great!
- Presentation was very good
- Thank you! Great Conference!
- LOVED, LOVED IT!
- Thank you!
- Loved it – Loved it
- Hard to hear and see the slides
- Thank you for being brief.
- Very good, I learned a lot
- Next time serve hot food! Seniors need a hot meal at least once a day. Where are students of color at UW-Hospital?
- Very helpful to see what would be done in a SteppingOn class, Tai Chi was very good, would be helpful to have students spot participants during demo. Good to give students this geriatric experience!!! Are there geriatric PT's?
- I couldn't hear the speakers. It sounded muffled (echos) I mentioned this but was told this is the best they could do. I could hear Kathryn Bowen when she spoke. Why? I don't know. I completely missed everything the keynotes speaker, Dr. Judy Dewane, said.