

# Spring into Action

Being active can reduce falls risk

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## QUIZ : Test your knowledge of Falls Prevention and Healthy Ageing

Indicate your responses to each question, then check the answers at the bottom of the page

- 1. Where do *most* inpatient falls occur in the Hospital?**
  - a) In the bathrooms?
  - b) By the bedside?
  - c) In the hallways?
- 2. Where do *most* falls occur in the community?**
  - a) In the home
  - b) In public places
  - c) On public transport
- 3. Most falls occur inside the home than in the yard.**
  - a) True
  - b) False
- 4. Women fall more often inside the home and men outside in the yard.**
  - a) True
  - b) False
- 5. Where do *most* falls occur inside the home?**
  - a) Bathrooms and toilets
  - b) Laundries and kitchens
  - c) Bedrooms, hallways and living areas
- 6. Overall, research has shown doing exercise, of any type, can reduce falls risk in older adults by how many percent?**
  - a) 10%
  - b) 15%
  - c) 23%
- 7. To maintain general health how, how much (accumulated) moderate to vigorous physical activity is recommended for adult Australians (aged 18-64 years)?**
  - a) 60 minutes each day
  - b) 150 minutes per week
  - c) 300 minutes per week
- 8. In addition to general physical activity, which other types of exercise is recommended for falls prevention for older adults (>65 years)**
  - a) Stretching and joint mobility exercise
  - b) Functional strength exercise and exercise with high balance challenge
  - c) Aqua (water-based) exercise
- 9. What is the best dose of exercise (balance challenge and weekly volume) to prevent falls in older adults?**
  - a) Low challenge, 3 hours per week
  - b) Moderate to high challenge, 3 hours per week
  - c) Moderate to high challenge, > 3 hours per week
- 10. What percent of older adults (>65 years) do enough weekly physical activity and muscle strengthening activities?**
  - a) 40%
  - b) 20%
  - c) 10%