

Spring into Action

Being active can reduce falls risk



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

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

Answers: 1.b), 2.a), 3.a), 4.a), 5.c), 6.c), 7.b), 8.b), 9.c), 10.c).