

Handout 2

Test your knowledge about falls

| | True | False |
|--|-----------------------|-----------------------|
| 1. Every year, one out of three elderly people falls. | <input type="radio"/> | <input type="radio"/> |
| 2. Most falls result in serious injuries. | <input type="radio"/> | <input type="radio"/> |
| 3. Almost half of all falls occur in the home. | <input type="radio"/> | <input type="radio"/> |
| 4. After a fall, you should acknowledge that you are afraid and reduce your activities. | <input type="radio"/> | <input type="radio"/> |
| 5. Safe equipment is often expensive, difficult to find, and not very attractive. | <input type="radio"/> | <input type="radio"/> |
| 6. As you get older, you should enhance the lighting in every room in your home. | <input type="radio"/> | <input type="radio"/> |
| 7. You have the right to adapt your dwelling to make it safer, even if you are a tenant. | <input type="radio"/> | <input type="radio"/> |
| 8. You should get your vision checked every year. | <input type="radio"/> | <input type="radio"/> |
| 9. You should exercise at least three times a week. | <input type="radio"/> | <input type="radio"/> |
| 10. Some medications can increase your risk of falling. | <input type="radio"/> | <input type="radio"/> |

Answers: 1.true, 2.false, 3.true, 4.false. 5. false, 6.true, 7.true, 8.true, 9.true, 10.true

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