

5 Simple Steps for Hosting Your Event



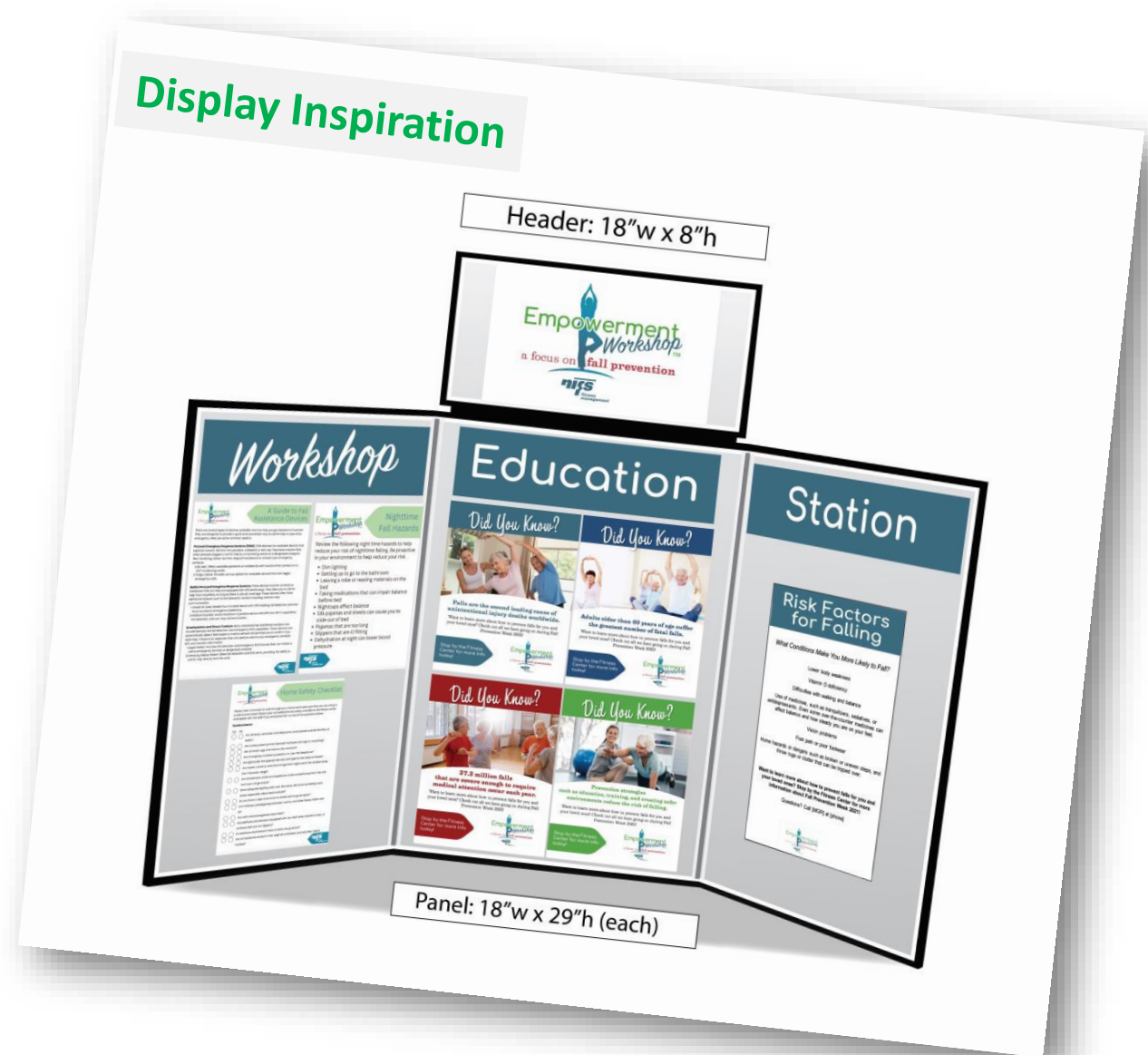
1. How to Get Up from the Floor Demonstration

- This is the heart of the program!
 - As the instructor, demonstrate the movements getting up yourself.
 - Recruit a resident volunteer ahead of your event to then demonstrate for their peers as the first participant.
 - Invite residents who are interested to try it for themselves while onlookers can help cheer them on and recite cueing from the provided handouts.



2. Education Station

- Have a display set up with literature on preventing falls in the home, nighttime fall risks, etc...
 - You can discuss/review this collateral with your group as much as you would like to make your workshop more interactive or you can provide copies of the materials as take-home resources for participants.



3. Empowerment Survey Question

- Take a head count and ask your participants, **“Did participation in today's workshop increase your confidence and expand your knowledge on Fall Prevention?”**
 - Track how many Yes responses you receive and note it on the Data Collection sheet.



Empowerment Workshop™
a focus on fall prevention

Data Collection for Final Survey

Use this checklist to record data from your Workshop. This will help you easily submit the survey linked [here](#) regarding your community's participation. This survey must be submitted as well as your group picture emailed to NIFS (empowermentworkshop@nifs.org) by 3pm EST on Wednesday, September 20 if you wish for your community to be represented in our closing celebration video and to make your community eligible for our drawing for the Step & Connect Balance Training tool and NIFS Balance Redefined Consulting Package.

Collect the following during your workshop:

- _____ How many participants attended your workshop event?
- _____ How many workshop participants signed the Fall-Free Pledge?
- _____ How many workshop participants attempted to get up from the floor?

Ask the following confidence question to your participants:
Did participation in today's workshop increase your confidence and expand your knowledge on Fall Prevention?

_____ Number of participants who said Yes/Raised their hand.

Your checklist for submitting all items for prize eligibility:

- _____ Post "we are hosting" photo on your community social media, tag @NIFSFitnessManagement on FaceBook.
- _____ Submit survey with above data by 3p EST on Wednesday, September 20.
- _____ Email group Warrior 1 photo to empowermentworkshop@nifs.org.

nifs
Fitness Management

4. Fall Free Pledge

- Encourage your participants to sign your Fall-Free Pledge committing to instilling new safety measures and practicing balance exercises through the week!
 - Note how many signatures you received to report it on the Data Collection sheet.



5. Empowerment Pose

- Take a group photo of your participants performing Warrior I pose upon conclusion of your workshop for NIFS video!
- Email the picture to empowermentworkshop@nifs.org by 3pm EST on Wednesday, 9/20.



That's a wrap!

- Consider a viewing party with your residents on Friday, 9/22 to watch the Empowerment Workshop video featuring your residents and 100's of seniors across the US who participated in this special event. This closing party is also a great opportunity to promote balance training programs available to your residents while you have them inspired to focus on fall prevention! If you can't host a party, consider:
 - Having the video playing before/after your Friday classes so participants can see it then.
 - Distributing a handout or mailer to those who couldn't attend with a picture of your group and a calendar of balance training opportunities in your fitness program.