



Participant Post-Unit Form

Today's date: _____ / _____ / _____
M M D D Y Y Y Y

Participant I.D. _____ / _____ / _____ (first two letters of your first name, first two letters of your last name, last two numbers of your birth year)

1. In general, would you say that your health is:

- Excellent
 Very good
 Good
 Fair
 Poor

2. Over the last two weeks, how much have you been bothered by the feelings below

	0 Not at all	1	2	3 A little	4	5	6	7	8	9 severely
a. Feeling sad, down, or uninterested in life	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. Not having the social support you feel you need	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

The next few questions ask about falls. By a fall, we mean when a person unintentionally comes to rest on the ground or another lower level.

3. Since this program began, how many times have you fallen? none _____ times

If you fell since the program began:

a. how many of these falls caused an injury? (By an injury we mean the fall caused you to limit your regular activities for at least a day or to go see a doctor.)

_____ number of falls causing an injury

b. where did the fall(s) occur (Please check all that apply)?

- Indoors
 Outdoors
 Both indoors and outdoors

c. what happened after you fell and had an injury? (Please check all that apply)

- Went to the Emergency Room
 Was admitted to the hospital
 Visited my Primary Care Physician
 Did not seek medical care

4. How fearful are you of falling?

- Not at all
 A little
 Somewhat
 A lot

5. Please mark the circle that tells us how sure you are that you can do the following activities.

How sure are you that:

	Very Sure	Sure	Somewhat	Not at all
a. I can find a way to get up if I fall	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. I can find a way to reduce falls	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. I can protect myself if I fall	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d. I can increase my physical strength	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e. I can become more steady on my feet	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

6. During the last 4 weeks, to what extent has your concern about falling interfered with your normal social activities with family, friends, neighbors or groups?

- Extremely
 Quite a bit
 Moderately
 Slightly
 Not at all

7. Please tell us your thoughts about this program.

Check one circle for each question.

As a result of this program:	Strongly Agree	Agree	Disagree	Strongly Disagree
a. I feel more comfortable talking to my health care provider about my medications and other possible risks for falls	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. I feel more comfortable talking to my family and friends about falling	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. I feel more comfortable increasing my activity	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d. I feel more satisfied with my life	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e. I would recommend this program to a friend or relative	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

8. Since this program began, what have you done to reduce your chance of a fall?

Check all that apply.

- Talked to a family member or friend about how I can reduce my risk of falling
- Talked to a health care provider about how I can reduce my risk of falling
- Had my vision checked
- Had my medications reviewed by a health care provider or pharmacist
- Participated in another fall prevention program in my community

9. I have made safety modifications in my home, such as installing grab bars or securing loose rugs, to reduce my risk of falling ___True ___False

10. What best describes your activity level?

- Vigorously active for at least 30 min, 3 times per week
- Moderately active at least 3 times per week
- Seldom active, preferring sedentary activities

11. How would you rate your overall satisfaction with the quality the program?

- Very dissatisfied
 Dissatisfied
 Okay
 Satisfied
 Very satisfied

12. How would you rate your overall satisfaction with the leader(s) of the program?

- Very dissatisfied
 Dissatisfied
 Okay
 Satisfied
 Very satisfied