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| Feedback for “Fall Prevention in Older Adults with Alzheimer’s Disease” | | | | |
|  | **Strongly Agree** | **Agree** | **Disagree** | **Strongly Disagree** |
| 1) Overall, the information presented was clear and concise | 9 | 1 |  |  |
| 2) I feel comfortable implementing the balance exercise program for the participants in my facility | 8 | 2 |  |  |
| 3) I understand the importance of physical activity for older adults with Alzheimer’s dementia | 10 |  |  |  |
| Strengths of the presentation   * Great job overall Diandrea. Thank you for taking time out of your busy schedule! * The presentation was well thought-out and organized. * I like the graphs and tables on the slides instead of just bullets of information. * I enjoyed the demonstration of exercises and how you allowed us to practice them as well. * My favorite part was the exercise demonstration * You seemed like you really knew your stuff. * Great enthusiasm * The exercise hand-out was well thought-out | | | | |
| Weaknesses of the presentation   * Wanted to know more details about a walking program * More detail about the caregiver’s role * None * No weaknesses * Could have added pictures of the progression of the exercises | | | | |

Immediate Feedback post-presentation:

* In addition to the feedback forms, immediate verbal feedback was given after the presentation. The RN staff requested that I further tailor the exercise program for their facility. We discussed spacing and how the participants would be seated in the multi-purpose room beside the tables to assist with the balance exercises.
* I discussed and demonstrated how they would transition to each exercise.
* We mapped out a trail outside the facility for walking and I noted any safety concerns
* We also discussed what role each staff member would have in assisting the participants during the exercises

Pre-assessment of balance training program.

After discussion with the assistant director of the Loving-Touch Day-Care, it was requested that…

1. The exercise program fit into the 30 minute time-slot reserved for physical activity
2. Exercises did not require too much movement across their multi-purpose room as the facility was at capacity. The staff was concerned about safety.
3. A limited amount of equipment, if any, be used for the exercises