

WATCH YOUR STEP!

Education and Awareness Workshop Participant Pre-Survey

The *Watch Your Step!* Project would appreciate your taking a few minutes to answer these questions. All your answers will be kept confidential and will be used for this project only.

Facilitator's Name: _____ Today's Date _____

1. Do you think that falling is a serious problem for you? Yes _____ No _____

2. Please list three things that could cause you to fall down.

a) _____

b) _____

c) _____

3. Do you think that falling is a natural result of aging? Yes _____ No _____

4. Please list three things that you could do to avoid falling.

a) _____

b) _____

c) _____

5. Do you think that you will make any changes as a result of this workshop to reduce your risk of falling? Yes _____ No _____

PERSONAL INFORMATION FOR THE PROJECT

We would appreciate receiving the following information about you. Your answers will help us keep track of the number of veterans who participate in workshops, the age groups of participants, and the total number of participants answering questions about falls. We will use this information to help us find out if the workshops are useful.

1. Are you: Male (number) _____ Female (number) _____
2. What is your age? 55 – 65 65 – 75 75 – 85 85 – 95
3. Have you ever served with the Canadian or Allied Forces during war or on a peace-keeping mission? (number) _____
4. Are you married or were you married to someone who served with Canadian or Allied Forces during war or on a peacekeeping mission? (number) _____
5. Are you a caregiver for a family member or a friend who is a senior citizen or veteran? (number) _____
6. Are you a professional who provides health care or in-home services to senior citizens or veterans? (number) _____
7. Health Canada requires us to evaluate the success of the workshops. One of the ways we will do that is to talk to some of the participants. We would like two of you to leave us your names and phone numbers so we can contact you. You can give them to us after today's workshop, or leave them with your seniors' worker.

Thank you for taking the time to complete this survey.

Watch Your Step! is a community-based project funded by Veterans Affairs in partnership with Health Canada.