

Fall Prevention Bingo



Getting started

Who can play?

Everyone! Fall Prevention Bingo is designed for all ages. This is an opportunity for families and friends to spend time together while learning about an important issue affecting older adults.

Playing in teams can help everyone participate, from the youngest to the oldest, by providing extra support for anyone who might have difficulty reading, hearing, or placing chips on the card.

Where do we get the game?

Fall Prevention Bingo is available for free. Download and print your own set of cards and word sheets. The word sheets contain 75 bingo words and facts designed to replace the 75 numbers in a traditional bingo game.

If you plan to play virtually, mail pre-printed cards or email the cards for players to print their own.

What else do we need?

All players need bingo chips/markers. If you don't have bingo chips, any small item such as buttons, coins, colored pasta, or dried beans will work.

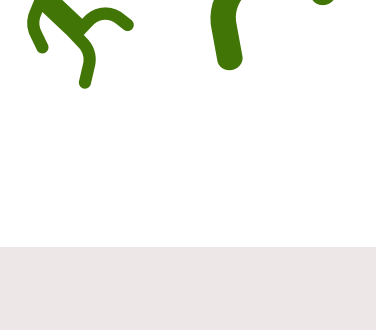
Prizes (optional). Prizes can range from store-bought items to homemade coupons.

If you plan to play a virtual game, identify a platform to use that works best for your family and friends.

Tip!
Larger-sized chips are easier for everyone to use

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How to play

TIP!
Check that everyone can hear the bingo caller

Before you start

Gather supplies:

- Bingo cards (each player needs their own card)
- Bingo chips/markers (25 per person)
- Cut and folded bingo word sheets in a bowl
- Prizes (optional)

Designate a bingo caller and decide on the winning pattern.

Playing the game

1. Bingo caller announces the way to win and pulls one word at a time from the bowl. Caller reads the word and fall prevention fact out loud. Caller sets aside the pulled words until the end of each game.
2. Players mark each called word on their card.
3. Player yells "BINGO" when winning pattern is reached.
4. Caller confirms bingo with the pulled words and gives out prize (optional).
5. Refold pulled words, return to bowl, and mix papers. Play again!

TIP! Encourage all players to talk about their experiences during the game. For example, when drawing the word "slip," the caller may ask everyone to share stories about a time they had a slip and how it may have been prevented.

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FAQs

What is Fall Prevention Bingo?

Fall Prevention Bingo (FPB) was designed by researchers at Washington University School of Medicine to provide education for community-dwelling older adults about evidence-based fall prevention strategies. The bingo numbers have been replaced with evidence-based fall prevention information. We have played Fall Prevention Bingo with older adults in senior centers, apartment buildings, and naturally occurring retirement communities. This version is designed to be played at home with family and friends. FPB is a great way to socialize while creating an opportunity to talk about falls, how they impact our lives, and ways to prevent them.

Why should I care about fall prevention? Isn't falling a normal part of aging?

Falls can be devastating for an older adult; they are a leading cause of injuries such as traumatic brain injury, hip fracture, and broken bones. One in five falls cause serious injury, and falls can also lead to a fear of falling and future restriction of activities. Many falls are preventable, but older adults are likely to not talk to anyone about their falls. Understanding fall risk factors and ways to prevent falls is an important first step in fall prevention.

If we want to play FPB virtually, how can I help an older adult learn to use a video conferencing platform?

When selecting a platform to use, make sure that the older adults in your family will have access to the platform. Zoom is a popular platform because it can be used across all types of devices. A practice call where you can troubleshoot any difficulties beforehand can help older adults feel more comfortable with the technology. Online training resources targeted to older adults can also be helpful. Online Zoom training for older adults can be found through [Senior Planet](#).

When we are playing FPB, how does the calling work?

The word list is designed to be cut up along the dotted lines, folded, and placed in a large bowl. The caller draws each word from the bowl. When the letter/word is drawn, the caller reads the letter, word, and fall prevention fact. We encourage bingo callers and players to ask questions and talk about the fall prevention information throughout the game. In our experience, FPB works best when there is a mix of reading words, facts, and sharing throughout the games. If the same word is drawn every game, you may want to skip the fact some of the time to move the game along.

Where can I find out more about falls and fall prevention?

The [CDC](#) and [National Council on Aging](#) websites are good places to start. You can also check with your local fall prevention resources—your area agency on aging is a good place to contact to find resources. Check your fall risk [here](#).

How can older adults or their families complete a home assessment to identify fall risks?

The [Home Safety Self-Assessment Tool](#) is an evidence-based guide that helps older adults and their families identify and remove fall risks in their homes. Occupational therapists can also complete a home assessment and provide older adults with individualized recommendations to reduce hazards. You can ask your doctor for a referral to an occupational therapist for an evaluation.

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Ways to win

The winning game pattern should be announced by the caller before each round. Below are some suggestions for winning patterns.

B	I	N	G	O
●	Bathroom	Balance	Nursing home	Physical activity
Bifocals	●	4 or more	Ice	Habits
Pace	Wet Floor	●	1 in 4	Nightlights
Clothing	Railings	Bed	●	Hazards
Reaching	Grab Bar	Fatigue	Pets	●

Diagonal

B	I	N	G	O
Ask for help	Bathroom	●	Nursing home	Physical activity
Bifocals	Bathtub	4	●	Ice
●	●	●	●	●
Clothing	Railings	●	Age	Hazards
Reaching	Grab Bar	●	Pets	Yaktrax

Plus

B	I	N	G	O
●	●	●	●	●
●	●	●	●	●
●	●	●	●	●
●	●	●	●	●
●	●	●	●	●

Coverall

B	I	N	G	O
Ask for help	Bathroom	Balance	Nursing home	Physical activity
Bifocals	Bathtub	4 or more	Ice	Habits
●	●	●	●	●
Clothing	Railings	Bed	Age	Hazards
Reaching	Grab Bar	Fatigue	Pets	Yaktrax

Straight Line
(any row or column)

B	I	N	G	O
●	●	●	●	●
Bifocals	Bathtub	4	●	Ice
Pace	Wet Floor	●	1 in 4	Nightlights
Clothing	Railings	●	Age	Hazards
Reaching	Grab Bar	●	Pets	Yaktrax

Letter T

B	I	N	G	O
●	Bathroom	Balance	Nursing home	●
Bifocals	Bathtub	4 or more	Ice	Habits
●	●	●	●	●
Clothing	Railings	Bed	Age	Hazards
●	Grab Bar	Fatigue	Pets	●

Four Corners

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References

Websites with evidence-based information
[National Institute on Aging: Prevent falls and fractures](#)
[Centers for Disease Control and Prevention: Older adult fall prevention](#)
[National Council on Aging: Falls prevention](#)

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