



Department of
Health



Stay
On Your
Feet WA®

No Falls November Bingo

Bingo for falls prevention!



About this game

Bingo is a fun and easy game for people of all ages. This bingo has been adapted for falls prevention education.

The 5 letters for the word 'bingo' represent 5 different categories of falls prevention strategies.

- B = behaviours
- I = indoors
- N = nutrition
- G = get active
- O = outdoors

In total, there are 75 falls prevention tips and strategies in this bingo. Each bingo card has a random selection of 25 numbers. The game is played using the usual rules of bingo, and opportunities to discuss the strategies can be taken during the game.

If you like, you can offer inexpensive falls prevention themed prizes directly related to the strategies. Examples include:

- glasses cleaning cloths
- non-slip adhesive floor strips
- meal planners
- Dosette boxes
- pet collar with bell
- night light
- water bottle
- light exercise weights
- walking stick rubber tip
- small plastic baskets.

Thank you to Tracey Anthill, occupational therapist at Sir Charles Gairdner Hospital for granting permission for the bingo to be used as part of No Falls November 2024.

For more information and to get involved contact
healthpolicy@health.wa.gov.au

Behaviours

1	Have your eyes checked annually
2	Manage chronic health conditions well
3	Take medications as directed
4	Use a Dosette Box or Webster pack for medications
5	Don't mix alcohol and medications
6	Clean your glasses regularly
7	Get adequate rest and sleep
8	Have a medication review with your GP or pharmacist
9	Speak to your doctor if you notice changes in your body
10	Wear supportive shoes with broad and flat heels
11	Use the nurse call bell
12	See a podiatrist if you have problems with your feet
13	Keep your brain active
14	See your GP if you have continence issues
15	Wear non-slip socks

Indoors

16	Use handrails
17	Keep your phone nearby or use a pendant alarm
18	Don't polish floors and clean up spills immediately
19	Ensure adequate, even lighting
20	Use a non-slip mat or strips in the bathroom
21	Put a bell on your pet's collar
22	Remove clutter
23	Remove floor rugs
24	Use a night light or movement sensor light
25	Store cords out of the way
26	See an OT if you need help with daily activities
27	Check that your seating is sturdy and at an appropriate height
28	Sit down to dress and shower if your balance is affected
29	Carry laundry in a bucket so you can see in front of you
30	Use a laundry basket on wheels



Nutrition	
31	Eat protein at each meal to maintain your muscle
32	Drink 2 litres of fluid daily to stay hydrated
33	Eat a variety of nutritious foods
34	Eat a variety of fruits and vegetables
35	Try to maintain your weight
36	Eat oily fish, margarine and eggs for vitamin D
37	Get appropriate sun exposure to maintain adequate vitamin D levels
38	Eat 2 to 3 serves of dairy foods for calcium
39	Ask your GP or dietitian if you need to take a dietary supplement
40	See a dietitian if you are losing weight without trying
41	See a speech pathologist if you have difficulties swallowing
42	Ask for meal delivery services if you need help preparing meals
43	Accept offers of assistance for shopping and cooking
44	Have regular oral health checks
45	Talk to your GP to manage medication side effects

Get active	
46	Strengthen your legs – ask your physio how
47	Improve your balance to help prevent falls
48	Move your body daily
49	Do some gentle stretches
50	Do some gardening
51	Walk as much as you can
52	Do your physio exercises
53	Don't "plonk" into chairs – sit slowly and in a controlled way
54	Check walking stick rubber tip regularly
55	Ask a physio about exercise that is suitable for you
56	Use a walking aid if prescribed
57	Make sure your walking aid is at the correct height for you
58	Practise functional activities such as sit to stand transfers
59	Challenge your balance safely
60	Do resistance training to improve bone density



Outdoors

61	Choose well-lit paths
62	Keep walkways clear
63	Put hoses away
64	Use walking aid if prescribed one
65	Report trip hazards in hospital
66	Sweep or rake paths
67	Ask for help with keeping outdoor areas safe
68	Wear good, supportive shoes
69	Don't wear slides or sloppy slippers
70	Place seats at strategic points for rests
71	Allow time for your eyes to adjust when moving outdoors or indoors
72	Contact your council if there are hazards (e.g. uneven paths)
73	Ask your council or a neighbour for help with your rubbish bins
74	Take extra care in wet conditions
75	Make sure stairs and steps are well lit



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7 Get adequate rest and sleep	19 Ensure adequate, even lighting	35 Try to maintain your weight	50 Do some gardening	65 Report trip hazards in hospital
8 Have a medication review with your GP or pharmacist	21 Put a bell on your pet's collar	36 Eat oily fish, margarine and eggs for vitamin D	51 Walk as much as you can	70 Place seats at strategic points for rests
12 See a podiatrist if you have problems with your feet	27 Check that your seating is sturdy and at an appropriate height	40 See a dietitian if you are losing weight without trying	57 Make sure your walking aid is at the correct height for you	74 Take extra care in wet conditions
15 Wear non-slip socks	29 Carry laundry in a bucket so you can see in front of you	43 Accept offers of assistance for shopping and cooking	59 Challenge your balance safely	75 Make sure stairs and steps are well lit

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4 Use a Domette Box or Webster pack for medications	18 Don't polish floors and clean up spills immediately	33 Eat a variety of nutritious foods	48 Move your body daily	62 Keep walkways clear
11 Use the nurse call bell	20 Use a non-slip mat or strips in the bathroom	35 Try to maintain your weight	50 Do some gardening	66 Sweep or rake paths
13 Keep your brain active	23 Remove floor rugs	41 See a speech pathologist if you have difficulties swallowing	56 Use a walking aid if prescribed	71 Allow time for your eyes to adjust when moving outdoors or indoors
14 See your GP if you have continence issues	30 Use a laundry basket on wheels	44 Have regular oral health checks	60 Do resistance training to improve bone density	73 Ask your council or a neighbour for help with your rubbish bins

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7 Get adequate rest and sleep	20 Use a non-slip mat or strips in the bathroom	35 Try to maintain your weight	48 Move your body daily	68 Wear good supportive shoes
9 Speak to your doctor if you notice changes in your body	21 Put a bell on your pet's collar	36 Eat oily fish, margarine and eggs for vitamin D	51 Walk as much as you can	71 Allow time for your eyes to adjust when moving outdoors or indoors
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13 Keep your brain active	25 Store cords out of the way	41 See a speech pathologist if you have difficulties swallowing	53 Don't "plonk" into chairs – sit slowly and in a controlled way	74 Take extra care in wet conditions
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15 Wear non-slip socks	29 Carry laundry in a bucket so you can see in front of you	43 Accept offers of assistance for shopping and cooking	59 Challenge your balance safely	75 Make sure stairs and steps are well lit