

**AMOB Post-Survey Supplement**

First &amp; Last Name: \_\_\_\_\_ Today's Date: \_\_\_\_\_

**General Health**

1. Thinking about your *physical health*, which includes physical illness and injury, for *how many days* during the past 30 days was your *physical health* NOT good?

- ☐ Number of Days: \_\_\_\_\_
- ☐ None

2. Thinking about your *mental health*, which includes stress, depression, and problems with emotions, for *how many days* during the past 30 days was your *mental health* NOT good?

- ☐ Number of Days: \_\_\_\_\_
- ☐ None

3. During the past 30 days, for about *how many days* did *poor physical or mental health* keep you from doing your usual activities, such as self-care, work, or recreation?

- ☐ Number of Days: \_\_\_\_\_
- ☐ None

**Physical Activity**

4. Mark only one box to tell us how much you are walking or exercising now:

- ☐ I do not exercise or walk regularly now, and I do not intend to start
- ☐ I do not exercise or walk regularly, but I have been thinking of starting
- ☐ I am trying to start to exercise or walk.
- ☐ I have exercised or walked infrequently for over a month
- ☐ I am doing moderate exercise less than 3 times per week
- ☐ I have been doing moderate exercise 3 or more times per week

**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.**

Fall History		
5. During the last 30 days, were you hospitalized overnight due to a fall?	Yes ○	No ○
6. How many different times did you stay in any hospital overnight or longer during the past 30 days due to a fall?	_____ Times	
7. How many nights were you in the hospital during the past 30 days due to a fall?	_____ Nights	
8. During the past 30 days, did you see a doctor or other healthcare professional at an emergency room due to a fall? (Do not include times you stayed in hospital overnight)	Yes ○	No ○

I authorize the collaborators of this workshop to use this data for analysis to identify the benefits of this workshop for individuals with chronic diseases and their caregivers.

Your information will remain confidential:

\_\_\_\_\_  
(Signature)

# [Program Name] Participant Post Program Survey

Today's date: \_\_\_\_/\_\_\_\_/\_\_\_\_  
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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

***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.***

2. 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

3. How fearful are you of falling?

- ☐ Not at all      ☐ A little      ☐ Somewhat      ☐ A lot

4. 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 sure
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"/>

**Please turn this paper over and fill out the other side.**

## Participant Post Program Survey (continued)

5. 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

6. 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 falling	<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"/>

7. 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

8. 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

9. 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

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