



## CHW Instructor Training

5 DSHS Certified CEUs

# HELPING OLDER ADULTS CHANGE THEIR HEALTH BEHAVIORS TO PREVENT FALLS & RELATED INJURIES: HEALTH BEHAVIOR CHANGE THEORY

According to the Health Belief Model, behaviors play a major role in improving (or worsening) one's health & preventing disease.

### Course Objectives:

Preparing CHW/*Promotor* Instructors to help older adults change their health behaviors to prevent falls & related injuries

*Students will learn how to:*

- ✓ Explain & discuss different approaches to changing health behaviors
- ✓ Apply behavior change strategies to falls prevention & reduction
- ✓ Teach health behavior change strategies to CHWs & residents



### CONTACT & PRICING INFORMATION:

NCHWTC

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