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