[Program Name] Participant Information Form

Public Burden Statement:

According to the Paperwork Reduction Act of 1995, no persons are required to respond to a collection of information unless such collection displays a valid OMB control number (OMB 0985-0039). Public reporting burden for this collection of information averages and estimate of .10 hours per response, including time for gathering, maintaining the data, completing, and reviewing the collection of information. The obligation to respond to this collection is voluntary.

Admin Use Only: *Participant I.D.:* The facilitator or program staff should complete this part of the form and mark the sequential number of the participant to the name on the attendance form.

State abbreviation: __ __ (e.g., NY, VA, etc.)

First four letters of the site name: __ __ __ __

Start date of program: __ __ / __ __ / __ __ (e.g., 12/01/19)

Participant number: __ __ (e.g., 01, 02, 03, etc.)

1. Did your doctor or other health care provider suggest that you attend this program? ☐ Yes ☐ No
2. How old are you today? _____ years
3. Do you live ☐ Yes ☐ No alone?
4. Are ☐ Male ☐ Female ☐ Prefer Not to Say you:
5. Are you of Hispanic, Latino, or Spanish ☐ Yes ☐ No origin?
6. What is your race? **Check all that apply**.

☐	American Indian or Alaska Native
☐	Asian
☐	Black or African American

☐	Native Hawaiian or other Pacific Islander
☐	White

7. What is the highest grade or level of school that you have completed?

☐	Some elementary, middle, or high school
☐	High school graduate or GED

☐	Some college or technical school
☐	College (4 years or more)

8. Has a health care provider ever told you that you have any of the following chronic conditions (i.e., one that has lasted for three months or more)?

	YES	NO		YES	NO
Alzheimer's Disease or other dementia			Hypertension (High Blood Pressure)		
Anxiety Disorder			Kidney Disease		
Arthritis/Rheumatic Disease			Obesity		
Asthma/Emphysema/Other Chronic Breathing or Lung Proble			Osteoporosis (Low Bone Density)		
Cancer or Cancer Survivor			Parkinson's Disease		
Chronic Pain			Schizophrenia or Other Psychotic Disorder		

Depression			Stroke		
Diabetes (High Blood Sugar)			Traumatic Brain Injury		
Heart Disease			Urinary Incontinence		
High Cholesterol			Other Chronic Condition		

9. In general, would you say that your health is:
☐ Excellent ☐ Very Good ☐ Good ☐ Fair ☐ Poor

10. How often do you feel lonely or isolated from those around you?
☐ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always

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.

11. 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. Did you tell anyone, such as a family member, friend, or healthcare provider about this fall, whether or not it resulted in an injury?
☐ Yes ☐ No

c. what happened after you fell? *(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

12. How fearful are you of falling?
☐ Not at all ☐ A little ☐ Somewhat ☐ A lot

13. 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?
☐ Not at all ☐ Slightly ☐ Moderately ☐ Quite a bit ☐ Extremely

14. Please use an **X** to tell us how sure you are that you can do the following activities.

	Not at all sure	**Somewhat sure**	**Neutral**	**Sure**	**Very Sure**
a. I can find a way to get up if I fall					
b. I can find a way to reduce falls					
c. I can increase my flexibility					
d. I can increase my physical strength					
e. I can become more steady on my feet					

15. 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