

MOTIVATIONAL INTERVIEWING (MI) FOR FALL RISK MANAGEMENT

Empower patients to take charge of fall-risk behaviors

FOUNDATIONAL PRINCIPLES OF MI



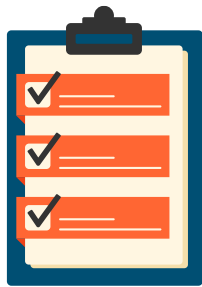
EXPRESS EMPATHY

Listen actively and without judgment.



ROLL WITH RESISTANCE

Avoid arguing; resistance is a signal to change your communication strategy.



DEVELOP DISCREPANCY

Help individuals recognize a gap between current behaviors and goals.



SUPPORT SELF-EFFICACY

Emphasize the person's ability to succeed in making a change.

CORE COMMUNICATION STRATEGIES (OARS)

Technique	Purpose & Example
Open-ended Questions (O)	Explore the person's thoughts and motivations E.g. <i>"What concerns do you have about falling?"</i>
Affirmations (A)	Highlight strengths. E.g. <i>"You've done a great job staying active."</i>
Reflections (R)	Show understanding. E.g. <i>"It sounds like you're unsure if using a walker will help."</i>
Summaries (S)	Reinforce key points and encourage next steps. E.g. <i>"Let me summarize what we've talked about."</i>



SCALING QUESTIONS

Help patients consider importance, confidence, and readiness for change.

- On a scale of 0-10, how important is it to you to prevent falls?
- Why are you at __ and not a 0?
- What would it take to move up one point?



HELPFUL REFLECTIVE STATEMENTS

- It seems like you're worried about losing independence
- What I hear you saying is that maintaining balance is harder now.
- You recognize that staying mobile is important to you.
- You believe that exercising might bring risk.

