Fall Prevention Loteria: 
Teaching Fall Prevention with 
Cultural Competency

Monica Ayoub
Rubi Weaver
Katrina Soto
Welcome to our Presentation!

Who We Are

- We are St. Paul’s Senior Services
  - Located in San Diego, CA
  - Serving the physical, spiritual, and social needs of the elderly since 1960.
  - Provide affordable, innovative and comprehensive programs in a non denominational environment
  - Promote optimal independence at all stages of life
  - Our communities include Independent living, Assisted living, an inter-generational day care program, and PACE
Today’s Objectives

✓ Learn how to play Loteria
✓ Identify 5 fall prevention strategies learned by playing Loteria
✓ Adapt the Loteria game to fit the educational needs of various participant populations
What is Loteria?

- Traditional Mexican game
- Similar to American BINGO
- Differences:
  - More visually and intellectually engaging
  - Playing boards use pictures instead of numbers
  - Images reflect characters, elements of nature, religious objects/concepts, and animals significant to Mexican culture

(Villegas 2015)
Traditional Loteria
Learning through Games

- Games engage people in the learning experience
- Increases socialization and peer interactions

(Shears and Bower, 1974)
Loteria as a Learning Tool

- Women’s Health Loteria
- Diabetes Loteria

(Sheridan-Leos 1995)
(Driscoll 2003)
How Did We Get Here?

- Monthly QAPI Fall Group Meetings
  - 2015- Focus on Level II Falls
  - 2016- Focus on Increasing Educational Efforts
St. Paul's PACE
Akaloa Falls due to Poor Judgment

% Falls due to poor judgment

Year: 2015 Q4, 2016 Q1, 2016 Q2
Why Loteria?

- PACE Akaloa participant population
  - 60% Hispanic
  - Traditional game in Hispanic culture
- Anyone can play!
  - All educational backgrounds and literacy levels
  - Akaloa statistics:
    - 63% full literacy
    - 21% limited literacy
    - 5% illiterate
    - 11% unknown
Our Process

- Interdisciplinary collaboration
  - Topics
  - Educations Points
  - Translation
Considerations

- Cognitive Levels
- Quantity of Information
- Meaningful Vocabulary
- Size of Pictures
The Game
The Fun Has Begun!
Watch Us in Action!
Watch Us in Action!
Participant Feedback

- Received positive feedback
  - Fun
  - Would play again
- Information presented was helpful
- Increased awareness of unsafe practices
- Playing Loteria provided an opportunity to reminisce
Participant Interviews
Participant Interviews
Our Observations

- Facilitated group discussion
  - Promoted exchange of ideas
  - Sharing of personal experiences

- Competitive spirit
  - Win the game
  - Who was the safest?
Any Questions
Resources


Contact Information

- Monica Ayoub- Monica.ayoub@genesishcc.com
  Occupational Therapist

- Rubi Weaver- Rweaver@stpaulspace.org
  Recreation Coordinator

- Katrina Soto- Ksoto@stpaulspace.org
  Day Center Supervisor