



Evidence-Based Fall Prevention Programs

Evidence-based programs (EBPs) offer proven ways to promote health and prevent disease among older adults. They are based on research and provide documented health benefits, so you can be confident they work. Older adults who participate in EBPs can lower their risk of chronic diseases and falls—or improve long-term effects of chronic diseases or falls.

Check in your local community for other available fall prevention programs administered by non-profits, senior centers, area agencies on aging, hospitals or medical centers, colleges and universities.

A Matter of Balance

A Matter of Balance is an 8-week structured group intervention that emphasizes practical strategies to reduce fear of falling and increase activity levels. Participants learn to view falls and fear of falling as controllable, set realistic goals to increase activity, change their environment to reduce fall risk factors, and exercise to increase strength and balance.

Bingocize

Bingocize® is a 10-week program that combines a bingo-like game with exercise and health education. The unique addition of bingo addresses many of the barriers to older adults' participation because the game is fun, familiar, and done in a group setting. The program has been shown to increase older adults' functional fitness, health knowledge, and social engagement in a variety of settings. The overall goals of the program are to help older adults improve and/or maintain mobility and independence, learn and use health information focused on falls reduction and other health-related behaviors, and socially engage with other older adults.

CAPABLE

CAPABLE (Community Aging in Place—Advancing Better Living for Elders) is a five-month structured program delivered at home to community dwelling older adults to decrease fall risk, improve safe mobility, and improve ability to safely accomplish daily functional tasks. **CAPABLE** is delivered by an occupational therapist, who makes six visits to each participant; a nurse, who makes four visits; and a handyman, who contributes up to a full day's work—providing home repairs, installing assistive devices, and making home modifications.



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Enhance Fitness

EnhanceFitness is low-cost, evidence-based group falls prevention and physical activity program developed specifically for older adults. The exercises have been packaged into a formal regimen focusing on four key areas important to the health and fitness of mature participants: low impact cardiovascular; dynamic/static balance work, strength training and stretching. Classes meet three times a week, an hour each session, providing social stimulation as well as physical benefits.

FallsTalk

FallsTalk is an individual program for anyone who has experienced a fall or regular loss of balance; regardless of walking ability, medical condition, mobility or fitness level. The program begins with a personal **FallsTalk** Interview in-home or community space to discuss their unique situation. The intervention consists of initial and follow-up interviews with a trained facilitator, daily personal reflection (2-3 min.), 3 brief weekly and then monthly check-in calls.

FallScope

FallScope is a customized program for anyone who has experienced a fall or regular loss of balance; regardless of walking ability, medical condition, mobility, cognitive or fitness level. **FallScope** consists of one or two training sessions with a set of brief (less than 1 min.) multimedia vignettes that are selected specifically to help an individual prevent falls in their own unique situation. **FallScope** is offered in-home or community space in conjunction with **FallsTalk**.

Fit & Strong!

Fit & Strong! is an evidence-based physical activity/behavior change intervention that has been successfully implemented in multiple community-based settings. Participants are older adults who have lower extremity joint pain and stiffness related to osteoarthritis. **Fit & Strong!** blends a multiple component exercise program with group problem solving/education using a curriculum designed to facilitate arthritis symptom management, confidence in ability to exercise safely with arthritis, and commitment to lifestyle change. Before the end of the 8-week **Fit & Strong!** program, participants meet with the instructor to develop individualized exercise plans that foster ongoing maintenance of a balanced physical activity routine.



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Healthy Steps for Older Adults

Healthy Steps for Older Adults (HSOA) is an evidence-based falls prevention program for adults ages 50 and over. The program is designed to raise participants' fall prevention knowledge and awareness, introduce steps they can take to reduce falls and improve their health and well-being, and provide referrals and resources. Two 2-hour workshops are offered to interested individuals in the community at facilities such as senior community centers and health care organizations. HSOA was developed by the Fall Prevention Initiative of the Pennsylvania Department of Aging.

Healthy Steps in Motion

Healthy Steps in Motion (HSIM) is an exercise program designed for people of all fitness levels. The program is a one-hour session twice a week for eight weeks, and is taught by certified instructors; it starts with a warm-up, followed by strength & balance exercises and ends with a cool down-stretch. There are three levels so participants can continue HSIM as long as they like. HSIM strives to reduce the risk of falling by building body strength, increasing flexibility, and improving balance. HSIM can be offered at senior centers, older adult living centers, recreation centers, hospitals, YMCAs/YWCAs, and more.

The Otago Exercise Program

The **Otago Exercise Program** (OEP) is a series of 17 strength and balance exercises delivered by a Physical Therapist or a Physical Therapy Assistant in the home, outpatient or community setting that reduces falls between 35 and 40% for frail older adults. This evidence-based program calls for Physical Therapists to assess and progress older adults through an 8 week clinical phase and then the older adult is transitioned to a self-management phase for 4 – 10 months. During this time, the older adult is supported by monthly phone calls and check ins at months 6 and 12 if needed.

Stay Active and Independent for Life (SAIL)

Stay Active and Independent for Life (SAIL) is a strength, balance and fitness program for adults 65 and older. Performing exercises that improve strength, balance and fitness are the single most important activity that adults can do to stay active and reduce their chance of falling. The entire curriculum of activities in the SAIL program can help improve strength and balance, if done regularly. SAIL is offered 3 times a week in a one hour class. SAIL exercises can be done standing or sitting. The primary target audience is community-dwelling older adults (65+) and people with a history of falls. The SAIL program is able to accommodate people with a mild level of mobility difficulty (e.g. people who are occasional cane users).

Stepping On

About 30% of older people who fall lose their self-confidence and start to go out less often. Inactivity leads to social isolation and loss of muscle strength and balance, increasing the risk of falling. **Stepping On** aims to break that cycle, engaging people in a range of relevant falls prevention strategies.

Tai Chi for Arthritis and Fall Prevention

Many studies have shown Tai Chi to be one of the most effective exercises for preventing falls. **Tai Chi for Arthritis and Fall Prevention** helps people with arthritis to improve all muscular strength, flexibility, balance, stamina, and more.

Tai Chi for Prime

Tai Chi Prime is a six-week class series proven to reduce the risk of falling. Classes feature instruction in tai chi and qi gong basics, home practice coaching, home practice, and exercises to embed into activities of daily living.

Tai Ji Quan: Moving for Better Balance

Tai Ji Quan: Moving for Better Balance™ is an evidence-based falls prevention program delivered in two one-hour sessions each week for 24 weeks. Each session consists of warm-up exercises; core practices, which include a mix of practice of forms, variations of forms, and mini-therapeutic movements; and brief cool-down exercises.

YMCA Moving for Better Balance

Moving For Better Balance is a 12-week instructor-led group program designed to improve strength, mobility, flexibility, and balance for enhanced overall physical health and better functioning in daily activities. Participation in the program may also result in better mental health, reduced stress, improved memory and cognition, and increased self-esteem. The program, based on the principles of Tai Chi, teaches eight movements modified especially for falls prevention. The program is targeted toward individuals 65 years or older who are physically mobile with impaired stability and/or mobility, or individuals 45 years or older with a condition that may impact stability and/or mobility.



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