

Title of Intervention: Moving Forward in Fall Prevention

Intervention Strategies: Group Education, Individual Education

Purpose of the Intervention: To improve balance among older adults

Population: Individuals 60 years of age and older

Setting: Community organizations; community-based, home-based

Partners: Not mentioned

Intervention Description:

- Group Education: Bi-weekly group-based exercise sessions spanned a 12-week period. The sessions included tai chi movements and leg-strengthening exercises with elastic bands of varying thickness. Weekly group discussions on safe behaviors and home modifications also took place. Intervention activities were conducted by a fitness or rehabilitation professional who had access to a detailed intervention guide and had attended a one-day training session.
- Individual Education: Participants were invited to exercise on their own at home, at least once a week, with the help of a poster depicting 12 exercises.

Theory: Not mentioned

Resources Required:

- Staff/Volunteers: Fitness or rehabilitation professional
- Training: Materials for 1-day training workshop
- Technology: Not mentioned
- Space: Room for group exercise sessions and discussions
- Budget: Not mentioned
- Intervention: Elastic bands, intervention guide, exercise poster
- Evaluation: Stopwatch, one-legged stance test, tandem stance test, functional and lateral reach tests, tandem walk test, sit-to-stand test, measuring tape, Jamar dynamometer

Evaluation:

- Design: Quasi-experimental
- Methods and Measures:
 - Static balance was measured by a one-legged stance test with eyes open and closed and a tandem stance test.
 - Stability limits were measured by functional reach and lateral reach tests.
 - Mobility was assessed by a tandem walk test.
 - Strength of lower extremity muscles was measured in a sit-to-stand test.
 - Vitality measurements to describe the targeted population were 4-meter maximal walking speed and grip strength with the Jamar dynamometer.

Outcomes:

- Short Term Impact: The intervention significantly improved static balance and mobility.
- Long Term Impact: Not measured

Maintenance: Not mentioned

Lessons Learned: This intervention should interest community organizations that already offer physical activity programs and that are actively involved in fall prevention, as well as public health authorities seeking effective methods for reducing risk factors for falls in an aging population.

Citation(s):

Robitaille Y, Laforest S, Fournier M, et al. Moving forward in fall prevention: an intervention to improve balance among older adults in real-world settings. *Am J Public Health*. Nov 2005;95(11):2049-2056.