Title of Intervention: Tailored Exercise Plans for Older Adults

Intervention Strategies: Individual Education, Supportive Relationships

Purpose of the Intervention: To reduce the number of falls for older adults

Population: Men and women aged 75 years and older

Setting: Participants' homes; home-based

Partners: None mentioned

Intervention Description:
- Individual Education: Participants were randomized into the exercise group which received the exercise program and a control group which received usual care. The exercise program consisted of a set of muscle strengthening and balance retraining exercises that progressed in difficulty and a walking plan. The program was individually prescribed during five home visits by the instructor with a booster visit after 6 months. The number of repetitions of the exercise was increased at each visit as appropriate. Participants were expected to exercise at least three times a week (about 30 min per session) and to walk at least twice a week for a year.
- Supportive Relationships: For the months when no home visit was scheduled the instructor telephoned participants to maintain motivation and discuss any problems.

Theory: Not mentioned

Resources Required:
- Staff/Volunteers: Instructor
- Training: Instructor received exercise training
- Technology: Telephone
- Space: Homes
- Budget: Not mentioned
- Intervention: Exercise program
- Evaluation: Not mentioned

Evaluation:
- Design: Randomized Controlled Trial
- Methods and Measures:
  - A series of site visits and regular telephone calls were made by the supervising physiotherapist to assess and ensure quality control. Compliance was monitored with postcard calendars.
  - Falls and fall related injuries were assessed.

Outcomes:
- Short Term Impact: Not measured
- Long Term Impact: There was a large reduction in the number of falls during the trial for the exercise group compared to the control group. Fewer participants in the exercise than control group had a serious injury resulting from a fall during the trial. The same numbers of moderate injuries occurred in the two groups.

Maintenance: Not mentioned

Lessons Learned: A home exercise program, previously shown to be successful when delivered by a physiotherapist, was also effective in reducing falls when delivered by a trained nurse from within a home health service. Serious injuries and hospital admissions due to falls were also reduced. The program was cost effective in participants aged 80 years and older compared with younger participants.

Citation(s):