Title of Intervention: Implementing Strategies to Decrease Risk of Falls in Older Women

Intervention Strategies: Group Education, Individual Education

Purpose of the Intervention: To decrease falls in female older adult populations

Population: Women aged 65 and older

Setting: Two senior meal sites, one in a large metropolitan city and one in a rural setting; community-based

Partners: None mentioned

Intervention Description:
- Group Education: The intervention emphasized three overall themes: threats that falling presents, believing that specific activities can increase safety and recommending cost effective interventions to reduce risk. Some participants met in a small group (i.e., six to seven women).
- Individual Education: Participants in the individual education group received the same information as those in the group education sessions, but instead in a one-on-one session with a nurse.

Theory: Not mentioned

Resources Required:
- Staff/Volunteers: Nurse instructors
- Training: Not mentioned
- Technology: Not mentioned
- Space: Space for classes
- Budget: Not mentioned
- Intervention: Curriculum
- Evaluation: Exams, self-report forms

Evaluation:
- Design: Randomized controlled trial
- Methods and Measures:
  - Folstein Mini Mental State Exam
  - Instrumental Activities of Daily living
  - Health Status from the Philadelphia Geriatric Center for Multi-level Assessment Instrument
  - History of falls in the previous six months
  - Use of assistive devices in mobility
  - Inventory of falls prevention measures in place

Outcomes:
- Short Term Impact: Seventy-three percent of older women participating in the fall prevention intervention made at least one low-cost change in either their personal behavior or living environment to decrease their likelihood of falls. Older women educated in small group sessions made more fall prevention changes than those educated individually.
- Long Term Impact: No significant difference was found in the number of falls between intervention groups; however, the control group experienced more falls.

Maintenance: Not mentioned

Lessons Learned: When conducting a fall prevention program, having examples of safety devices available for participants to examine enhances the presentation.

Citation(s):