

## Individual and Population Level Fall Prevention Initiatives

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| <b>Topic:</b> | What is the peer reviewed literature to support population level fall prevention initiatives, and literature that discusses current individual-level fall prevention activities? |
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### Summary

Two recent and strong systematic reviews on interventions for fall prevention [4; 11] reinforce previous findings that exercise interventions for community-dwelling older adults at risk for falls are effective population-level approach, and selective or tailored multifactorial interventions can lower risk of falls.

The RNAO Guideline [7] on preventing falls includes effectiveness rated interventions for individuals and communities (Appendix G and H), based on the latest peer reviewed literature. Physical activity in structured exercise programmes over at least three months has the strongest level of evidence as an effective component for preventing falls in older adults [3; 9]. Other components of multifactorial interventions at a community-wide or population level include education, home and environment design modifications, and inter-agency supports [2; 5; 6].

Population-level fall prevention initiatives have had fewer strong trials and systematic reviews (SRs) measuring effectiveness than individual level initiatives. However good evidence from SRs [1; 2; 6; 11], public health policy and guidelines [7; 8], and well-evaluated programs are highlighting the effectiveness of community-wide efforts in preventing falls. A Canadian population-based fall prevention approach to combine policy, regulation, economics, social contexts and best practice programmes [8] has influenced other jurisdictions to adopt similar approaches [5].

### References

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doi:10.1001/jama.2017.15006. Full text [PMC5818787](#)

### [Sample Evidence-informed Population Level Fall Prevention Programs](#)

#### **Canadian**

[Better Strength, Better Balance](#) Ottawa Public Health

*The Better Strength, Better Balance! (BSBB) program, a fall prevention exercise program for older adults, has been developed through an innovative partnership between public health and the recreation sector.*

#### [Stay On Your Feet \(SOYF\) Program](#)

*SOYF is an evidence-based program that, after the Ontario Neurotrauma Foundation sponsored pilots in 3 Ontario communities and an [implementation guide](#), it continues to be used in various Ontario regions. The core strategies of SOYF include: raising awareness, community education, developing policies, home hazard reduction, medication safety and partnerships with health professionals. Similar version in [Manitoba](#) [www.wrha.mb.ca](http://www.wrha.mb.ca)*

[Take Action - Prevent a fall before it happens](#). Alberta Health Services (AHS) 2013.

*Comprehensive easy to read and use resource with checklists, tips, strategies and resources on preventing falls. Includes knowing about and taking action on managing blood pressure, medications, sleep, nutrition, vision, footwear, getting up after a fall, and resources.*

## International

[From the Manitoba Fall Prevention Professional Education Companion Guide:](#)

**Fall Proof** - is scientifically tested and shown to improve balance and mobility and to reduce the risk of falls. The program is a structured and progressive program of activities specifically designed to address the multiple dimensions that contribute to balance and mobility. Additional information on Fall Proof - [http://hdcs.fullerton.edu/csa/FallProof/index.htm#first\\_entry](http://hdcs.fullerton.edu/csa/FallProof/index.htm#first_entry)

**FaME** - is delivered by Postural Stability Instructors (PSI). The programme is delivered over 9 months (once a week in a group and twice a week at home), by trained exercise instructors, significantly reduced falls. The course is designed for professionals working with frailer older people with a history of falls in the community. Additional information on FaME – <http://www.laterlifetraining.co.uk/fame-effect-of-psi-exercise-on-reduction-in-falls/>

**Lifestyle-Integrated Functional Exercise (LiFE)** – LiFE is an innovative and non-traditional approach to exercise launched by the University of Sydney. The LiFE program incorporates balance and strength training into everyday activities and embeds it within their daily routines. It has been shown to reduce falls by 31 per cent. Additional information on LiFE - <http://fallsnetwork.neura.edu.au/blog/uncategorized/lifeprogram-resources/>

**Otago Exercise Programme** – Otago Exercise Programme is a home-based, individually tailored strength and balance retraining programme with a focus on preventing falls in older adults. The programme was designed specifically to prevent falls. Additional information on Otago - <https://www.acc.co.nz/assets/injury-prevention/acc1162-otago-exercise-manual.pdf>

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