

### Select Evidence-Based Falls Prevention Programs

PROGRAM	WEBSITE/ CONTACT	PROGRAM GOALS & TARGET AUDIENCE	PROGRAM DESCRIPTION	DELIVERED BY	TRAINING REQUIREMENTS	PROGRAM COSTS	KEY WORDS
<b>A Matter of Balance (MOB)</b>	<a href="http://www.mainehealth.org/mob">www.mainehealth.org/mob</a>	<ul style="list-style-type: none"> <li>▪ Reduce fall risk and fear of falling</li> <li>▪ Improve falls self-management</li> <li>▪ Improve falls self-efficacy and promote physical activity</li> </ul> <p>▪ <b>Target Audience:</b> Adults 60+ who are ambulatory, able to problem solve, concerned about falling, interested in improving flexibility, balance and strength and have restricted their activities because of concerns about falling</p>	<ul style="list-style-type: none"> <li>▪ 8 weekly or twice weekly sessions</li> <li>▪ 2 hours per session</li> <li>▪ 8-12 group participants</li> <li>▪ Emphasizes practical coping strategies to reduce fear of falling and teach fall prevention strategies</li> <li>▪ Structured group intervention activities include group discussion, problem-solving, skill building, assertiveness training, videos, sharing practical solutions and exercise training</li> </ul>	<ul style="list-style-type: none"> <li>▪ 2 coaches (volunteer lay leaders) teach the class to participants</li> <li>▪ Guest therapist visit (1 session for 1 hour)</li> </ul>	<ul style="list-style-type: none"> <li>▪ Master Trainers: 2-day training and on-going updates</li> <li>▪ Coach/Lay leader training: 8 hours and attend annual 2.5 hour training update</li> </ul>	<ul style="list-style-type: none"> <li>▪ <b>Licensing Cost:</b> None. Everything is included in the training fee</li> <li>▪ <b>Training Cost:</b> <ul style="list-style-type: none"> <li>- Master Trainer session open to anyone (includes all materials): \$1,500 per Master Trainer plus travel</li> <li>- Group training available at an agency's location upon request:                             <ul style="list-style-type: none"> <li>a) 11-15 attendees: \$16,000* plus \$220/person for materials</li> <li>b) 16-20 attendees: \$18,500* plus \$220/person for materials</li> </ul> </li> <li>* plus travel, meals and lodging for 2 Lead Trainers</li> </ul> </li> <li>▪ <b>Post-training Materials Cost:</b> <ul style="list-style-type: none"> <li>- Coach Handbook: \$20</li> <li>- Participant Workbook: \$13</li> <li>- Guest Therapist Handbook: \$6</li> <li>- DVD (Fear of Falling and Exercise: It's Never Too Late): \$164.76/set</li> <li>- A Matter of Balance DVD: \$11.00</li> <li>- A Matter of Balance Lay Leader Model CD-ROM for Coaches: \$2.00</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>▪ fall prevention</li> <li>▪ group setting</li> <li>▪ self-management</li> <li>▪ health promotion</li> </ul>

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FallsTalk	<a href="http://www.fallscape.org">www.fallscape.org</a>	<p><b>Goals</b> ▪ Increase falls prevention behaviors and falls self-management skills</p> <ul style="list-style-type: none"> <li>▪ Improve recognition of fall threats (personal traits and circumstances that could cause a fall) &amp; self-efficacy</li> <li>▪ Prevent participant falls and reduce fall risk.</li> </ul> <p>▪ <b>Target Audience:</b> Adults 50+ who have fallen OR are experiencing regular loss of balance, AND are at risk for falls OR are concerned about falling.</p>	<ul style="list-style-type: none"> <li>▪ A one to six month personalized behavior change program delivered in two one-on-one sessions utilizing easy-to-use software (provided) that includes: a) evidence-based fall risk screening and standardized FallsTalk interview (10-20 minutes) which creates customized intervention components and reports; b) fall-related log training (5-10 min.); and telephone check-ins (2-5 min. each); c) follow-up interview and log review (10-20 min.).</li> </ul>	<ul style="list-style-type: none"> <li>▪ One or two trained facilitators</li> <li>▪ Interview, follow-up and telephone check-ins can be delivered by separate facilitators.</li> </ul>	<ul style="list-style-type: none"> <li>▪ One or two days which can be completed separately (course outline on website)</li> <li>▪ In-person training is mandatory to insure program fidelity, no specific educational pre-requisites</li> <li>▪ Included software matches trainee's abilities</li> <li>▪ Training is offered at various sites or can be delivered on-site for groups by custom arrangement.</li> </ul>	<ul style="list-style-type: none"> <li>▪ <b>Licensing Cost:</b> Included in the training costs.</li> <li>▪ <b>Training Cost:</b> \$250 - \$395 (1 or 2 days) depending on program components and group rate; package includes training, software and support for one year.</li> <li>▪ <b>Annual Subscription Cost:</b> Starts at \$250 based on both the number of Users on-site and program components (see website for details). Subscription provides on-going site support, software updates and web-based training.</li> </ul>	<ul style="list-style-type: none"> <li>▪ falls</li> <li>▪ fall prevention</li> <li>▪ at-risk for falls</li> <li>▪ personal program</li> <li>▪ community setting</li> <li>▪ in-home</li> <li>▪ out-patient</li> <li>▪ telephone-based portion</li> <li>▪ self-management</li> <li>▪ health promotion</li> <li>▪ self-efficacy</li> <li>▪ fall risk screening</li> </ul>
FallScape	<a href="http://www.fallscape.org">www.fallscape.org</a>	<p><b>Goals</b> ▪ Increase falls prevention behaviors and falls self-management skills</p> <ul style="list-style-type: none"> <li>▪ Improve recognition of fall threats (personal traits and circumstances that could cause a fall) &amp; self-efficacy</li> <li>▪ Enhance fall threat recognition and prevention behaviors with multimedia</li> <li>▪ Prevent participant falls and reduce fall risk.</li> </ul> <p>▪ <b>Target Audience:</b> Adults 50+ who have fallen OR are experiencing regular loss of balance, AND are at risk for falls OR are concerned about falling.</p>	<ul style="list-style-type: none"> <li>▪ A one to six month personalized multimedia behavior change program delivered in two to four one-on-one sessions utilizing easy-to-use software (provided) that includes: a) evidence-based fall risk screening and standardized FallsTalk interview (10-20 minutes) which creates customized intervention components and reports; b) FallScape interactive multimedia training (one or two 15-30 min. sessions); c) fall-related log training (5-10 min.); and telephone check-ins (2-5 min. each); d) follow-up interview and log review (10-20 min.); e) FallScape interactive multimedia evaluation (10-15 min.).</li> </ul>	<ul style="list-style-type: none"> <li>▪ One to four trained facilitators</li> <li>▪ Interview, follow-up and telephone check-ins; as well as multimedia training, and multimedia evaluation can also be delivered by separate facilitators.</li> </ul>	<ul style="list-style-type: none"> <li>▪ One or two days which must be completed separately. Two days of FallsTalk training and demonstration of competency are required before FallScape training can begin (course outline on website)</li> <li>▪ In-person training is mandatory to insure program fidelity, FallScape training is a pre-requisite for enrollment in Advanced FallScape (Day 2)</li> <li>▪ Included software matches trainee's abilities</li> <li>▪ Training is offered at various sites or can be delivered on-site for groups by custom arrangement.</li> </ul>	<ul style="list-style-type: none"> <li>▪ <b>Licensing Cost:</b> Included in the training costs.</li> <li>▪ <b>Training Cost:</b> FallsTalk training plus \$250 - \$490 depending on program components (1 or 2 days- which must be taken separately from FallsTalk training and each other); Includes training, software, multimedia elements, support for one year and required competency testing.</li> <li>▪ <b>Annual Subscription Cost:</b> Starts at \$600 including FallsTalk license. Based on both the number of Users on-site and program components (see website for details). Subscription provides on-going site support, software and multimedia element updates, as well as web-based training.</li> </ul>	<ul style="list-style-type: none"> <li>▪ falls</li> <li>▪ multimedia</li> <li>▪ fall prevention</li> <li>▪ at-risk for falls</li> <li>▪ personal program</li> <li>▪ community setting</li> <li>▪ in-home</li> <li>▪ out-patient</li> <li>▪ telephone-based portion</li> <li>▪ self-management</li> <li>▪ health promotion</li> <li>▪ self-efficacy</li> <li>▪ fall risk screening</li> </ul>

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<p><b>The Otago Exercise Program</b></p>	<p><a href="http://www.med.unc.edu/aging/cgec/exercise-program">http://www.med.unc.edu/aging/cgec/exercise-program</a></p>	<ul style="list-style-type: none"> <li>▪ Increase strength, balance, and endurance. Lifestyle change to incorporate strength and balance training a minimum of 2 hours per week. RCT demonstrated a 35% reduction in falls in high risk older adults.</li> <li>▪ <b>Target Audience</b> Community-dwelling frail older adults. Most effective for those who are age 80 and over or 65 and older and frail. Can be implemented in the home, outpatient, assisted living facilities as well as in the community</li> </ul>	<ul style="list-style-type: none"> <li>▪ 4-5 visits with a physical therapist (PT) over 8 weeks with monthly phone calls for a year and optional follow up visits at 6, 9, and 12 months</li> <li>▪ 17 exercises total – the PT evaluates the older adult and selects the most appropriate exercises from the 17 to challenge the older adult.</li> <li>▪ The exercises are progressed to continue to challenge the older adult as they improve strength and balance</li> <li>▪ Adjustable ankle weights are used for 3 of the exercises and weight is progressively increased over the course of the program</li> <li>▪ The older adult does the exercises for approximately 30 minutes three times a week.</li> <li>▪ When the older adult is strong enough to walk for exercise, a walking program is prescribed and progressed to up to 30 minutes three times a week</li> <li>▪ The older adult can do their prescribed exercises in the home independently or with assistance, or in a group exercise settings as long as they do their prescribed exercises</li> </ul>	<ul style="list-style-type: none"> <li>▪ The initial evaluation and prescription is done by a licensed physical therapist</li> <li>▪ The follow up visits can be done by a licensed physical therapy assistant</li> <li>▪ The follow up phone calls can be done by the PT, a health coach, or other individual who is able to communicate progress to the PT</li> <li>▪ The exercises can be done independently or supervised in a one on one or group setting</li> </ul>	<ul style="list-style-type: none"> <li>▪ Completion of the online <a href="#">“Otago Exercise Program Online Training for Physical Therapists”</a></li> <li>▪ Optional participation in a free database to track patient progress and program fidelity at <a href="http://www.otagoexerciseusa.com">www.otagoexerciseusa.com</a></li> <li>▪ Note: Therapists and agencies who participate in the database are eligible to be promoted nationally for offering the OEP</li> </ul>	<ul style="list-style-type: none"> <li>▪ <b>Training Cost:</b> -Online training cost \$25; Therapists receive up to 3.0 CEUs upon completion. -If patient demonstrates medical necessity and has a physician referral, then Medicare can potentially cover cost of physical therapy under Medicare Part B which does require a patient co-pay.</li> <li>▪ <b>Training Supplies:</b> -Adjustable ankle weights for patients up to 20# cost varies -Exercises and patient resources can be downloaded in <a href="#">video</a> or <a href="#">hard copy format</a>.</li> </ul>	<ul style="list-style-type: none"> <li>▪ fall prevention</li> <li>▪ strength</li> <li>▪ balance</li> <li>▪ physical activity</li> <li>▪ progressive resistance</li> <li>▪ evidence-based</li> <li>▪ physical therapy</li> <li>▪ health promotion</li> <li>▪ self-management</li> </ul>

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<p><b>Stay Active and Independent for Life (SAIL)</b></p>	<p><a href="http://livingwell.doh.wa.gov">http://livingwell.doh.wa.gov</a> Or <a href="http://www.synapticseminars.com">http://www.synapticseminars.com</a></p>	<ul style="list-style-type: none"> <li>▪ Physical activity program that reduces fall risk factors by increasing strength and improving balance</li> <li>▪ <b>Target Audience:</b> Adults 65+</li> </ul>	<ul style="list-style-type: none"> <li>▪ An on-going class that meets 3 times per week for one hour. Each class includes warm-up, aerobics, balance activities, strengthening and stretching exercises that can be done seated or standing; and educational components.</li> <li>▪ Periodic Fitness Checks assess general mobility, arm strength, and leg strength.</li> <li>▪ SAIL Guides supplement class activities by providing written education information to prevent falls by addressing fall risk factors.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Qualified SAIL Program Leader who has completed SAIL training (certified fitness instructors, exercise science professionals, or licensed health care professionals [e.g. physical /occupational/ recreational therapists/ assistants])</li> </ul>	<ul style="list-style-type: none"> <li>▪ Complete 1-day (8 hour) SAIL Program Leader Training OR Complete 10-week online class through Pierce College with Continuing Education Units awarded upon course completion. The online course is available quarterly; see <a href="http://www.pierce.ctc.edu/el/sail-faq">http://www.pierce.ctc.edu/el/sail-faq</a> for more information.</li> <li>▪ Background in fitness or exercise science. CPR certified.</li> </ul>	<ul style="list-style-type: none"> <li>▪ <b>License Fee:</b> None; SAIL is a public-domain program.</li> <li>▪ <b>SAIL Program Leader training:</b> Cost for online course is \$185. <a href="http://www.pierce.ctc.edu/el/sail-register">http://www.pierce.ctc.edu/el/sail-register</a></li> <li>▪ Refer to <a href="http://livingwell.doh.wa.gov">http://livingwell.doh.wa.gov</a> or <a href="http://synapticseminars.com">http://synapticseminars.com</a> for further information regarding in-person 1-day training costs/availability.</li> <li>▪ <b>Other costs:</b> equipment (up to 20 armless chairs, up to 20 pairs of adjustable 5lb cuff weights [10lb/ pair]).</li> </ul>	<ul style="list-style-type: none"> <li>▪ physical activity</li> <li>▪ balance program</li> <li>▪ muscle strength</li> <li>▪ group setting</li> <li>▪ health promotion</li> <li>▪ fall prevention</li> </ul>

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Stepping On	<a href="http://www.ncoa.org/improve-health/center-for-healthy-aging/stepping-on.html">http://www.ncoa.org/improve-health/center-for-healthy-aging/stepping-on.html</a>  OR  <a href="http://wihealthyaging.org/stepping-on">http://wihealthyaging.org/stepping-on</a>	<ul style="list-style-type: none"> <li>▪ Offer strategies and exercises to reduce falls and increase self-confidence in making decisions and behavioral change in situations where older adults are at risk of falling</li> <li>▪ <b>Target Audience:</b> Community-residing, cognitively intact, older adults who are at risk of falling, have a fear of falling or who have fallen one or more times in a year</li> </ul>	<ul style="list-style-type: none"> <li>▪ 7 weeks</li> <li>▪ 2 hrs per week</li> <li>▪ A home visit or follow-up phone call by the program leader, to facilitate follow-through with preventive strategies and to assist with home adaptations</li> <li>▪ 2-hour booster session after 3 months</li> </ul>	<ul style="list-style-type: none"> <li>▪ Trained leader</li> <li>▪ Trained peer leader</li> </ul>	<ul style="list-style-type: none"> <li>▪ 3-day training for Leaders</li> </ul>	<ul style="list-style-type: none"> <li>▪ <b>Licensing Cost:</b></li> <li>- Included in the training cost</li> <li>▪ <b>Training Cost:</b></li> <li>- On-site Wisconsin training (which includes the first 3-year license, the Freiberg Press Stepping On Manual, weights and the toolkit, and one fidelity check, by videotape, per Leader):</li> <li>- For Wisconsin residents: \$250</li> <li>- For non-Wisconsin residents: \$1,500 for up to two people from an organization; \$1,200 for 3+ people</li> <li>- Off-site training: \$12,000 for training up to 20 individuals, PLUS the cost of the two trainers' flights, hotels, daily food allowance. In addition, the local (other state) must arrange for and provide: 20 of the Stepping On Manuals, copying of toolkit and other materials, room rental, snacks and lunches for 3 days, weights, arranging for a guest expert physical therapist on the first afternoon of the 3-day training, getting A-V equipment (power point projector, screen, DVD player, etc.), general training items including easels, flipcharts, nametags, table tent cards, etc., and arranging for Stepping On display and sample display items</li> </ul>	<ul style="list-style-type: none"> <li>▪ fall prevention</li> <li>▪ self-management</li> <li>▪ health promotion</li> </ul>

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<b>Tai Chi for Arthritis</b>	<a href="http://taichiforhealthinstitute.org">http://taichiforhealthinstitute.org</a>	<ul style="list-style-type: none"> <li>Improve movement, balance, strength, flexibility, and relaxation</li> <li>Decrease pain and falls</li> <li><b>Target Audience:</b> Adults with or without arthritis, rheumatic diseases or related musculoskeletal conditions. The program is appropriate for people with mild, moderate and severe joint involvement and back pain</li> </ul>	<ul style="list-style-type: none"> <li>8-10 week program</li> <li>45-60 minutes per class 1 to 2 times per week</li> <li>Program led by a certified instructor, each session includes: <ul style="list-style-type: none"> <li>Warm-up and cool-down exercises</li> <li>6 basic core movements and 6 advanced movements</li> <li>Breathing Techniques</li> <li>Movements are performed at a higher stance to make it easier for older participants and those with arthritis.</li> <li>Movements can be modified to accommodate mobility issues for any participant – can also be done seated as a starting exercise.</li> </ul> </li> <li>Developed by Dr. Paul Lam, the program utilizes Tai Chi's Sun style for its ability to improve relaxation and its ease of use for older adults, the movements are taught side to side and with turns to move forwards to improve mobility and offer a variety of combinations</li> </ul>	<ul style="list-style-type: none"> <li>Tai Chi for Health certified instructor</li> </ul>	<ul style="list-style-type: none"> <li>Contact a master trainer to schedule an instructor training workshop: <a href="http://taichiforhealthinstitute.org/instructors/master-trainers/?region=&amp;fn=Find&amp;country_id=233&amp;region=&amp;fn=Find">http://taichiforhealthinstitute.org/instructors/master-trainers/?region=&amp;fn=Find&amp;country_id=233&amp;region=&amp;fn=Find</a></li> <li>Recertification training every 2 years (one-day training)</li> <li>CPR certified</li> </ul>	<ul style="list-style-type: none"> <li><b>Licensing Fee:</b> None</li> <li><b>Training Cost:</b> Approximately \$275 per participant. Includes Teaching Tai Chi Effectively Book and Tai Chi for Arthritis DVDs</li> <li><b>Participant Cost:</b> Varies by facility. Tai Chi DVD(s) available for \$29.95 for practice at home: At the Tai Chi Productions website - <a href="http://usa.taichiproductions.com/categories/Instructional-DVDs/Health-DVDs/">http://usa.taichiproductions.com/categories/Instructional-DVDs/Health-DVDs/</a></li> </ul>	<ul style="list-style-type: none"> <li>physical activity</li> <li>arthritis</li> <li>chronic condition</li> <li>group setting</li> <li>health promotion</li> <li>balance</li> <li>relaxation</li> </ul>
<b>Tai Ji Quan: Moving for Better Balance</b>	tjqmbb.org OR <a href="http://www.ncoa.org/improve-health/center-for-healthy-aging/tai-chi-moving-for-better.html">http://www.ncoa.org/improve-health/center-for-healthy-aging/tai-chi-moving-for-better.html</a>	<ul style="list-style-type: none"> <li>Improve balance, strength and physical performance for older adults to reduce fall frequency</li> <li><b>Target Audience:</b> Adults 65+</li> </ul>	<ul style="list-style-type: none"> <li>24-26 week program</li> <li>3 classes a week/1 hour per class</li> <li>8 Tai Chi forms that focus on weight shifting, postural alignment, coordinated movements and synchronized breathing</li> <li>Slow, low-impact movements that emphasize weight-shifting and postural alignment; movements progress from easy to more difficult</li> <li>Recommended class size of 15 participants</li> </ul>	<ul style="list-style-type: none"> <li>Qualified Tai Chi instructors</li> </ul>	<ul style="list-style-type: none"> <li>2-day training</li> <li>Familiarity with Tai Chi fundamental principles and major postures and movements</li> <li>Experience in classical Yang style</li> </ul>	<ul style="list-style-type: none"> <li><b>To learn more about costs visit:</b> <a href="http://tjqmbb.org/ProgramMaterials/Implementation%20Plan%20V%201.0.pdf">http://tjqmbb.org/ProgramMaterials/Implementation%20Plan%20V%201.0.pdf</a></li> </ul>	<ul style="list-style-type: none"> <li>fall prevention</li> <li>balance program</li> <li>group setting</li> <li>self-management</li> <li>health promotion</li> </ul>

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<p><b>YMCA Tai Chi: Moving for Better Balance</b></p>	<p>Contact your local <a href="#">YMCA</a></p>	<p>Goals: Tai Chi has been shown to:</p> <ul style="list-style-type: none"> <li>▪ Improve balance</li> <li>▪ Increase leg strength</li> <li>▪ Reduce fear of falling</li> <li>▪ Improve mobility</li> <li>▪ Increase flexibility</li> <li>▪ Improve psychological health</li> </ul> <p>Target Audience: Community-living older adults who are age 60 or older and are physically mobile with or without assistance.</p>	<p>The 12-week program protocol consists of a core 8-form routine and a subroutine of 8 integrated therapeutic movement forms that have been derived from the traditional 24-form Yang-style of Tai Chi, progressing from easy to more difficult which collectively involve a set of simple, rhythmic Tai Chi-based actions.</p>	<ul style="list-style-type: none"> <li>▪ Moving for Better Balance trained instructors in YMCAs across the country.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Contact your local <a href="#">YMCA</a></li> </ul>	<ul style="list-style-type: none"> <li>▪ Contact your local <a href="#">YMCA</a></li> </ul>	<ul style="list-style-type: none"> <li>▪ fall prevention</li> <li>▪ exercise program</li> <li>▪ balance</li> <li>▪ strength</li> <li>▪ relaxation</li> <li>▪ group setting</li> <li>▪ self-management</li> <li>▪ health promotion</li> </ul>