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## **Interdisciplinary Falls Prevention Program for Older Community Dwellers within a Rehabilitation Hospital**

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### ***Background***

Falls are a significant public health concern, particularly among older persons resulting in injuries, decreased mobility, reduced quality of life and higher mortality.

### ***Aims and Objectives***

To improve postural stability and physical performance in a wide range of everyday and recreational activities, and to maintain and build on gains achieved in older persons referred from a rehabilitation setting.

### ***Methodology***

This 26-week programme combines physiotherapy and occupational therapy interventions. Two physiotherapists deliver a weekly 1-hour group exercise programme, made up of eight participants, supplemented by home exercises and education. Two occupational therapists facilitate a 5-session educational programme, including home visits and a community session. Outcome measures include falls register, patient satisfaction questionnaires, and standardised assessments.

### ***Inclusion Criteria***

- 65 years and older
- History of falls
- Fear of falling and feeling unstable
- Low bone density
- Ability to walk independently with or without a mobility aid
- Living in the community
- Medically stable

### ***Exclusion Criteria***

- Medically unstable
- Conditions requiring a specialist exercise programme
- Not living in the community
- Significant cognitive impairment
- Already receiving long-term physiotherapy or already in an exercise programme

### ***Expected Outcomes***

Improved postural stability, physical performance, and reduced falls risk in participants. Enhanced patient satisfaction and engagement in falls prevention strategies. Identification of programme efficacy and areas for future improvement.

## ***Conclusion***

This multidisciplinary approach addresses the complex factors contributing to falls, providing a comprehensive intervention to improve physical function, education, and environmental safety. The programme's outcomes will inform the development of effective falls prevention strategies, enhancing the quality of life for older persons and individuals at risk of falls.