

OUTLINE OF THE PROGRAM

Session 1 **Introduction, overview and risk appraisal**

Build trust; overview of program aims; share fall experiences; choose what to cover; and introduce the balance and strength exercises.

Session 2 **Exercises and moving about safely**

Review and practise the exercises; explore the barriers to and benefits of exercise; discuss moving about safely with respect to chairs and steps; and learn not to panic after a fall.

Session 3 **Home fall hazards**

Identify fall hazards in and about the home; jointly find solutions to problems; and identify clothing hazards.

Session 4 **Community safety and footwear**

Generate strategies for getting around the local community with a reduced risk of falling; discuss the features of a safe shoe; and discuss strategies to assist with safe public transportation.

Session 5 **Vision, vitamin D, calcium and transportation safety**

Recognise the influence of vision on the risk of falling; review strategies to reduce the risk of falling from visual dysfunction; and identify the importance of vitamin D, sunlight and calcium to protect against fall injury.

Session 6**Medication management and mobility mastery experiences**

Identify the links between medications and the risk of falls; explore strategies for reducing the risk of falls due to medication side effects or misuse; identify behavioural alternatives to taking sedatives for improving sleep; review exercises; review and further explore strategies for getting out and about in the local community safely; practise safe mobility techniques (learned during the program) in a nearby outdoor location.

Session 7**Reviewing and planning ahead**

Opportunity to talk about personal accomplishments of the past seven weeks and to reflect on the scope of the things we have learned; review any areas requested; finish any segment not adequately covered; graduation; and time for farewells and closure.

Home visit or phone call: You will receive a phone call or home visit in the first few weeks after session 7 to check up on follow-through of preventive strategies and assist with home modifications.

Letter: A letter will be sent to your doctor.

Session 8

Three-month booster session: Review achievements and discuss how to keep them going.

Six-month booster session: A phone call at about six months to help sustain gains.
