## Select Evidence-Based Falls Prevention Programs

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<th>PROGRAM</th>
<th>WEBSITE/CONTACT</th>
<th>PROGRAM GOALS &amp; TARGET AUDIENCE</th>
<th>PROGRAM DESCRIPTION</th>
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| A Matter of Balance (MOB) | www.mainehealth.org/mob | • Reduce fall risk and fear of falling  
• Improve falls self-management  
• Improve falls self-efficacy and promote physical activity  
• Target Audience: 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 | • 8 weekly or twice weekly sessions  
• 2 hours per session  
• 6-12 group participants  
• Emphasizes practical coping strategies to reduce fear of falling and teach fall prevention strategies  
• Structured group intervention activities include group discussion, problem-solving, skill building, assertiveness training, videos, sharing practical solutions and exercise training | • 2 coaches (volunteer lay leaders) teach the class to participants  
• Guest therapist visit (1 session for 1 hour) | • Master Trainers: 2-day training and on-going updates  
• Coach/Lay leader training: 8 hours and attend annual 2.5 hour training update | • Licensing Cost: None. Everything is included in the training fee  
• Training Cost:  
- Master Trainer session open to anyone (includes all materials): $1,500 per Master Trainer plus travel  
- Group training available at an agency’s location upon request:  
  a) 11-15 attendees: $16,000* plus $220/person for materials  
  b) 16-20 attendees: $18,500* plus $220/person for materials  
  * plus travel, meals and lodging for 2 Lead Trainers  
• Post-training Materials Cost:  
- Coach Handbook: $20  
- Participant Workbook: $13  
- Guest Therapist Handbook: $6  
- DVD (Fear of Falling and Exercise: It’s Never Too Late): $164.76/set  
- A Matter of Balance DVD: $11.00  
- A Matter of Balance Lay Leader Model CD-ROM for Coaches: $2.00 | • fall prevention  
• group setting  
• self-management  
• health promotion |
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| FallsTalk | www.fallscape.org | Goals - Increase falls prevention behaviors and falls self-management skills  
• Improve recognition of fall threats (personal traits and circumstances that could cause a fall) & self-efficacy  
• Prevent participant falls and reduce fall risk.  
• Target Audience: Adults 50+ who have fallen OR are experiencing regular loss of balance, AND are at risk for falls OR are concerned about falling. | • 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.). | • One or two trained facilitators  
• Interview, follow-up and telephone check-ins can be delivered by separate facilitators. | • One or two days which can be completed separately (course outline on website)  
• In-person training is mandatory to insure program fidelity, no specific educational pre-requisites  
• Included software matches trainee’s abilities  
• Training is offered at various sites or can be delivered on-site for groups by custom arrangement. | • Licensing Cost: Included in the training costs.  
• Training Cost: $175 - $295 (1 or 2 days) depending on program components; package includes training, software and support for one year.  
• Annual Subscription Cost: Starts at $175 based on number of Users on-site and program components (see website for details). Package includes on-going site support, software updates and required web-based training. | falls  
fall prevention  
at-risk for falls  
personal program  
community setting  
in-home  
out-patient  
television-based portion  
self-management  
health promotion  
self-efficacy  
fall risk screening |
| FallScape | www.fallscape.org | Goals - Increase falls prevention behaviors and falls self-management skills  
• Improve recognition of fall threats (personal traits and circumstances that could cause a fall) & self-efficacy  
• Enhance fall threat recognition and prevention behaviors with multimedia  
• Prevent participant falls and reduce fall risk.  
• Target Audience: Adults 50+ who have fallen OR are experiencing regular loss of balance, AND are at risk for falls OR are concerned about falling. | • 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 FallScape 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.). | • One to four trained facilitators  
• Interview, follow-up and telephone check-ins; as well as multimedia training, and multimedia evaluation can also be delivered by separate facilitators. | • Three or four days which can be completed separately, including two days of FallsTalk training which is required before FallScape training can begin (course outline on website)  
• In-person training is mandatory to insure program fidelity, FallsTalk training is a pre-requisite  
• Included software matches trainee’s abilities  
• Training is offered at various sites or can be delivered on-site for groups by custom arrangement. | • Licensing Cost: Included in the training costs.  
• Training Cost: $495 - $595 (3 or 4 days- including 2 days of FallsTalk training) depending on program components; Package includes training, software, multimedia elements and support for one year.  
• Annual Subscription Cost: Starts at $495 based on number of Users on-site and program components (see website for details). Package includes on-going site support, software and multimedia element updates, as well as required web-based training. | falls  
multimedia  
fall prevention  
at-risk for falls  
personal program  
community setting  
in-home  
out-patient  
television-based portion  
self-management  
health promotion  
self-efficacy  
fall risk screening |
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| The Otago Exercise Program   | http://www.med.unc.edu/aging/cgec/exerciseprogram    | ▪ 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. | ▪ 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  
▪ 17 exercises total – the PT evaluates the older adult and selects the most appropriate exercises from the 17 to challenge the older adult.  
▪ The exercises are progressed to continue to challenge the older adult as they improve strength and balance  
▪ Adjustable ankle weights are used for 3 of the exercises and weight is progressively increased over the course of the program  
▪ The older adult does the exercises for approximately 30 minutes three times a week  
▪ 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  
▪ 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 | ▪ The initial evaluation and prescription is done by a licensed physical therapist  
▪ The follow up visits can be done by a licensed physical therapy assistant  
▪ 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  
▪ The exercises can be done independently or supervised in a one on one or group setting | ▪ Completion of the online “Otago Exercise Program Online Training for Physical Therapists”  
▪ Optional participation in a free database to track patient progress and program fidelity at www.otagoexerciseusa.com  
▪ Note: Therapists and agencies who participate in the database are eligible to be promoted nationally for offering the OEP | ▪ Training Cost:  
- 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.  
▪ Training Supplies:  
- Adjustable ankle weights for patients up to 20# cost varies  
- Exercises and patient resources can be downloaded in video or hard copy format. | ▪ fall prevention  
▪ strength  
▪ balance  
▪ physical activity  
▪ progressive resistance  
▪ evidence-based  
▪ physical therapy  
▪ health promotion  
▪ self-management
| PROGRAM                      | WEBSITE/CONTACT             | PROGRAM GOALS & TARGET AUDIENCE                                                                 | PROGRAM DESCRIPTION                                                                                                                                                                                                 | DELIVERED BY                                                                                      | TRAINING REQUIREMENTS                                                                 | PROGRAM COSTS                                      | KEY WORDS                                                                                     |
|------------------------------|------------------------------|-----------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|
| Stay Active and Independent for Life (SAIL) | [http://livingwell.doh.wa.gov](http://livingwell.doh.wa.gov) Or [http://www.synapticseminars.com](http://www.synapticseminars.com) | • Physical activity program that reduces fall risk factors by increasing strength and improving balance<br>• Target Audience: Adults 65+ | • 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.<br>• Periodic Fitness Checks assess general mobility, arm strength, and leg strength.<br>• SAIL Guides supplement class activities by providing written education information to prevent falls by addressing fall risk factors. | • 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]) | • 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 [http://www.pierce.ctc.edu/el/sail-faq](http://www.pierce.ctc.edu/el/sail-faq) for more information.<br>• Background in fitness or exercise science. CPR certified. | • License Fee: None; SAIL is a public-domain program.  
• SAIL Program Leader training: Cost for online course is $185. [http://www.pierce.ctc.edu/el/register](http://www.pierce.ctc.edu/el/register)  
• Refer to [http://livingwell.doh.wa.gov](http://livingwell.doh.wa.gov) or [http://synapticseminars.com](http://synapticseminars.com) for further information regarding in-person 1-day training costs/availability.  
• Other costs: equipment (up to 20 armless chairs, up to 20 pairs of adjustable 5lb cuff weights [10lb/ pair]. | • physical activity  
• balance program  
• muscle strength  
• group setting  
• health promotion  
• fall prevention
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| Stepping On | http://www.ncoa.org/improve-health/center-for-healthy-aging/stepping-on.html | ▪ 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  
▪ Target Audience: 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 | ▪ 7 weeks  
▪ 2 hrs per week  
▪ 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  
▪ 2-hour booster session after 3 months | ▪ Trained leader  
▪ Trained peer leader | ▪ 3-Day training for Leaders  
 ▪ Licensing Cost: - Included in the training cost  
 ▪ Training Cost:  
   - 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):  
     - For Wisconsin residents: $250  
     - For non-Wisconsin residents: $1,500 for up to two people from an organization; $1,200 for 3+ people  
   - 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 | ▪ fall prevention  
▪ self-management  
▪ health promotion |
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<td>Tai Chi for Arthritis</td>
<td><a href="http://taichiforhealthinstitute.org">http://taichiforhealthinstitute.org</a></td>
<td>• Improve movement, balance, strength, flexibility, and relaxation</td>
<td>• 6-10 week program</td>
<td>• Tai Chi for Health certified instructor</td>
<td>• 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></td>
<td>• Licensing Fee: None</td>
<td>• physical activity • arthritis • chronic condition • group setting • health promotion • balance • relaxation</td>
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<td></td>
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<td>• Decrease pain and falls</td>
<td>• 45-60 minutes per class 1 to 2 times per week</td>
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<td>• Recertification training every 2 years (one-day training)</td>
<td>• Training Cost: Approximately $275 per participant. Includes Teaching Tai Chi Effectively Book and Tai Chi for Arthritis DVDs</td>
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<td>• Target Audience: 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</td>
<td>• Program led by a certified instructor, each session includes:</td>
<td></td>
<td>• CPR certified</td>
<td>• Participant Cost: 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></td>
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<td>Tai Ji Quan: Moving for Better Balance</td>
<td>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></td>
<td>• Improve balance, strength and physical performance for older adults to reduce fall frequency</td>
<td>• 24-26 week program</td>
<td>• Qualified Tai Chi instructors</td>
<td>• Familiarity with Tai Chi fundamental principles and major postures and movements</td>
<td>• To learn more about costs visit: <a href="http://tjqmbb.org/ProgramMaterials/Implementation%20Plan%20V%201.0.pdf">http://tjqmbb.org/ProgramMaterials/Implementation%20Plan%20V%201.0.pdf</a></td>
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<td>• Target Audience: Adults 65+</td>
<td>• 1 hour per class</td>
<td></td>
<td>• Experience in classical Yang style</td>
<td></td>
<td>• fall prevention • balance program • group setting • self-management • health promotion</td>
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<td>• 8 Tai Chi forms that focus on weight shifting, postural alignment, coordinated movements and synchronized breathing</td>
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<td></td>
<td>• Slow, low-impact movements that emphasize weight-shifting and postural alignment</td>
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<td>• Movements progress from easy to more difficult</td>
<td>• Slow, low-impact movements that emphasize weight-shifting and postural alignment</td>
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<td>• Movements progress from easy to more difficult</td>
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<td>• Recommended class size of 15 participants</td>
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<td>• 2-day training</td>
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Revised 02/12/15