

Poster – #EIE2021

Strategies to enhance participation in fall prevention interventions among community-dwelling older adults: a mixed-methods study.

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Research aim

Successful implementation of fall prevention interventions (FPIs) may be limited due to insufficient understanding of older adults' needs regarding FPIs. This study aims to design strategies to improve reach and adoption of FPIs among community-dwelling older adults at risk of falling, based on previously identified barriers and facilitators for participation.

Methods

This study is part of a four-year Dutch implementation-research project: FRIEND (Fall pRevention ImplemEntatioN stuDy). A quick scan of the literature was performed to identify barriers and facilitators for older adults to participate in FPIs. Additionally, a focus group with health care professionals and experts in the field of implementation (research) (n=7) and semi-structured interviews with community-dwelling adults (n=10) aged ≥65 years at risk of falling were carried out to complement the literature scan. Building on results, strategies were formulated using the Intervention Mapping Approach by Kok et al. (2015) to enhance older adults' participation in FPIs.

Key findings

Negative stigma related to falling and old age, and non-tailored interventions were commonly identified barriers. Social interaction, prospect of maintaining independence after participation, and support from social network were facilitators. Formulated strategies included:

- positively reframing aging and FPIs;
- emphasizing the benefits of participating in FPIs;
- raising awareness of personal risks associated with falls;
- tailoring interventions;
- solving practical issues, e.g.: organizing the intervention at an accessible location;
- stimulating support from and interaction with social network

Discussion

To what extend do you expect that the designed strategies will help to overcome the identified barriers? Which strategies do you use to reach and involve your target population?