

A **quick scan** of the literature was performed to identify **barriers and facilitators** for older adults to participate in FPIs.

A **focus group** with professionals (n=7) and **interviews** with community-dwelling older adults aged ≥65 years (n=10) were carried out.

# How to enhance participation of adults in fall prevention interventions?

*Mixed-methods study on potential strategies.*

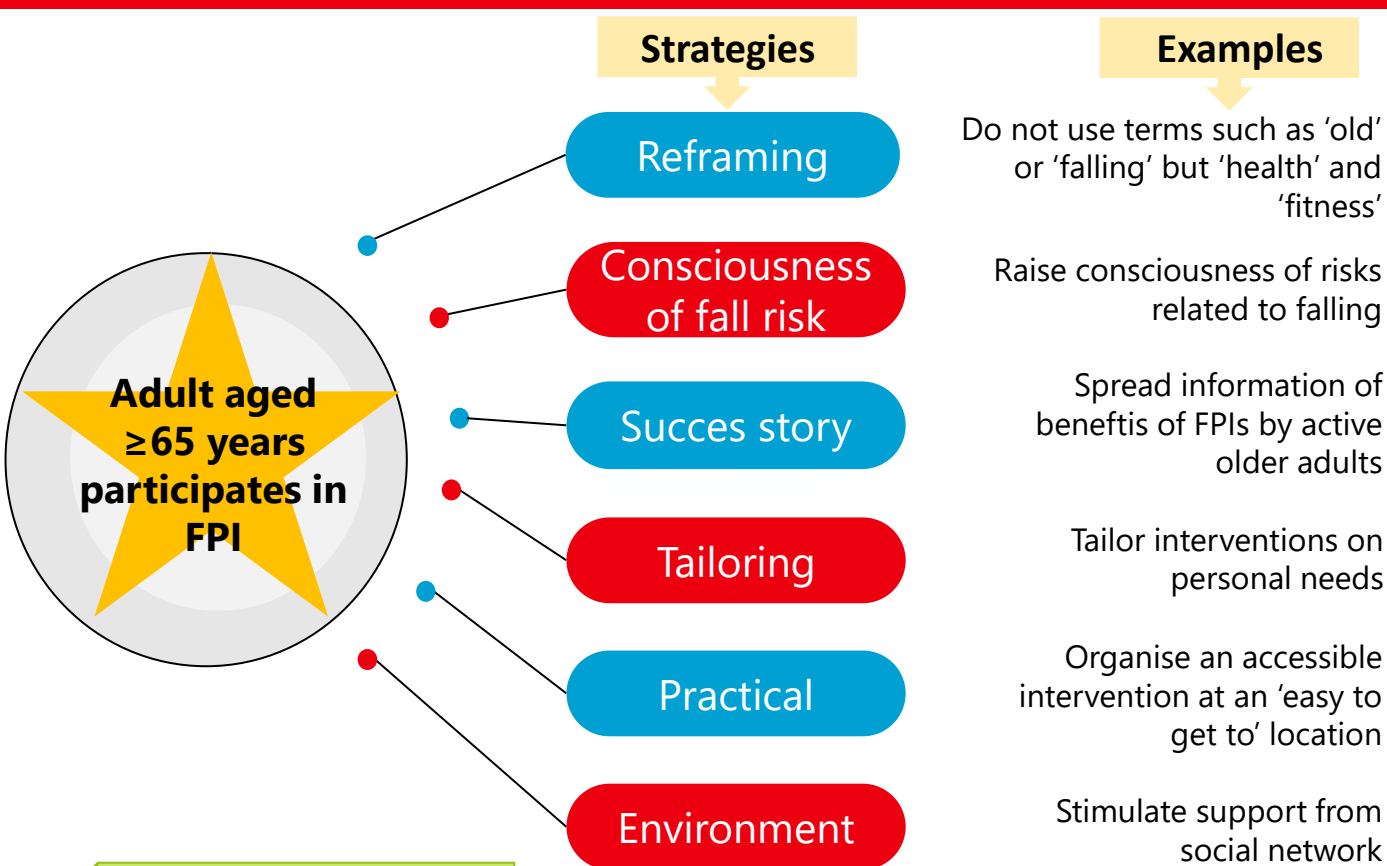
**Successful implementation** of fall prevention interventions (FPIs) may be limited due to **insufficient understanding of older adults' needs** regarding FPIs<sup>1</sup>. We aim to **design strategies** to improve **reach and adoption**, based on previously identified barriers and facilitators.

## Barriers:

- **Negative stigma** related to falling and old age;
- **Non-tailored interventions.**

## Facilitators:

- **Social interaction;**
- Prospect of **maintaining independence**
- **Support from social network**



## Take home message

Given the **multifactorial character** of fall risk, it is important to consider using **multiple strategies** and to include professionals of **various disciplines** to execute (parts of) the formulated strategies.



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## Reference



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