

Reaching community-dwelling older adults with fall prevention interventions: barriers, facilitators and potential strategies.

A mixed methods study

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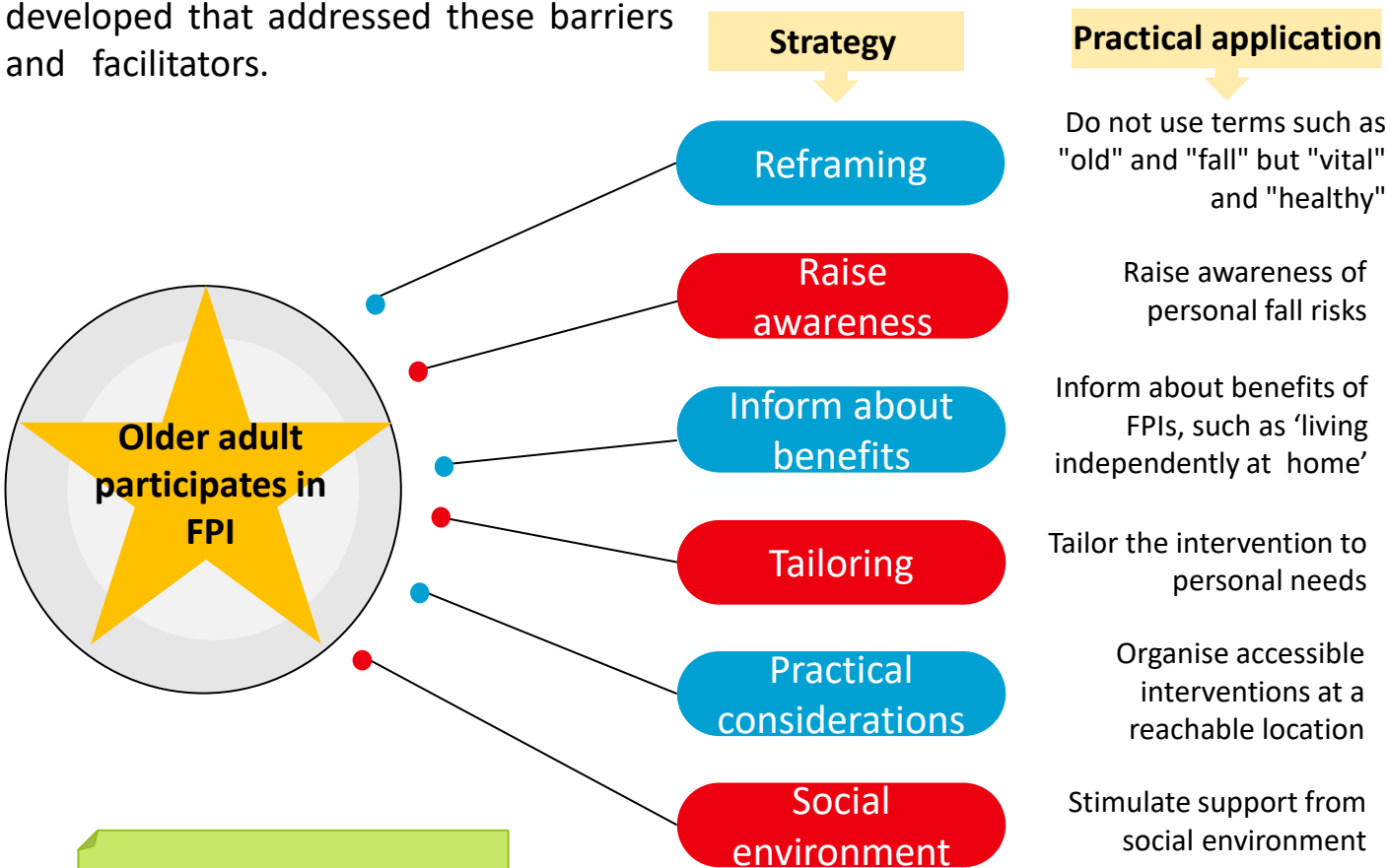
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Successful implementation of **fall prevention interventions** (FPIs) may be limited due to insufficient understanding of **older adults' needs** regarding FPIs. Identifying these may help in **designing strategies** that stimulate participation of older adults in FPIs.

We performed a literature search, which was complemented by a focus group with healthcare professionals (n=7), and semi-structured interviews with community-dwelling older adults aged 65 years and older (n=10) to identify **barriers and facilitators that influence older adults' participation in FPIs**.

Next, according to the Intervention Mapping approach¹, **strategies** were developed that addressed these barriers and facilitators.

A **negative stigma** related to falling and ageing as well as interventions that are **not tailored** to the needs of the individual were found to be barriers. The prospect of **remaining independent** after participation and support from the **social network** were found to be facilitating factors.



Take home message

This study identified **six strategies** to reach and involve older adults in FPIs. We recommend **combining strategies**, adapted to the local context and the needs of older adults, to enhance participation in FPIs.

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