Falls among older adults

33% of all adults aged ≥65 years fall every year

50% of all adults aged ≥75 years fall every year

60% of all adults aged ≥85 years fall every year
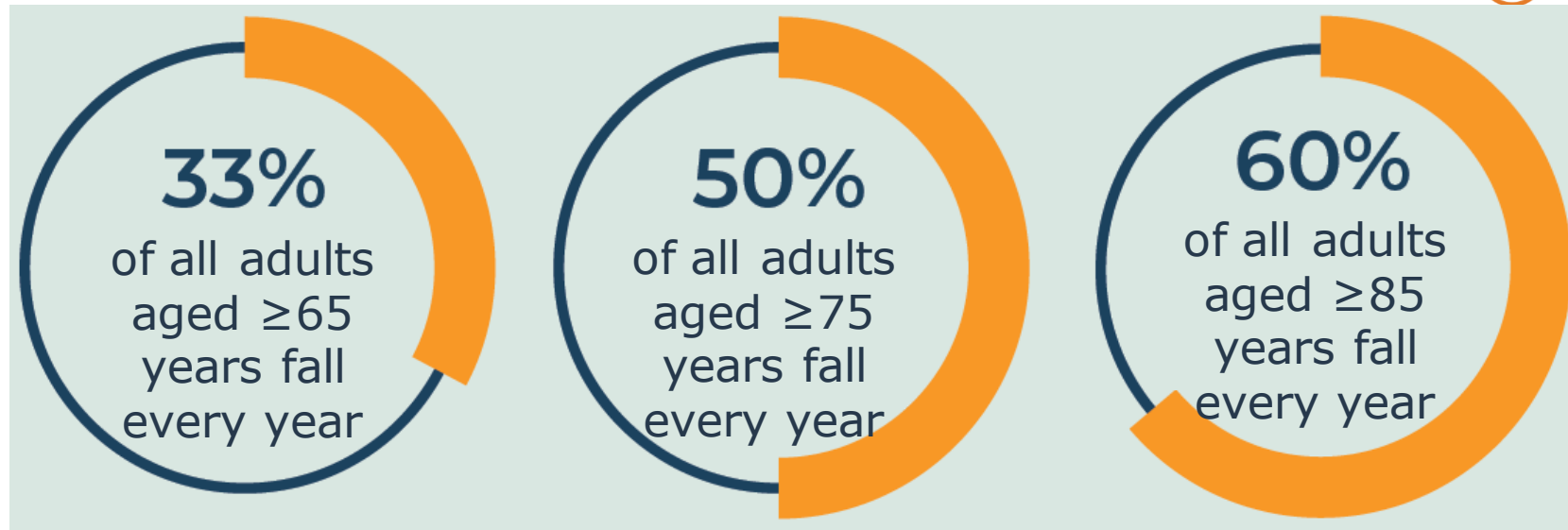
Fall-related ED visits, per 100,000 inhabitants

65-69 jr	1.500
70-74 jr	1.900
75-80 jr	2.800
85-84 jr	4.600
85+ jr	8.500
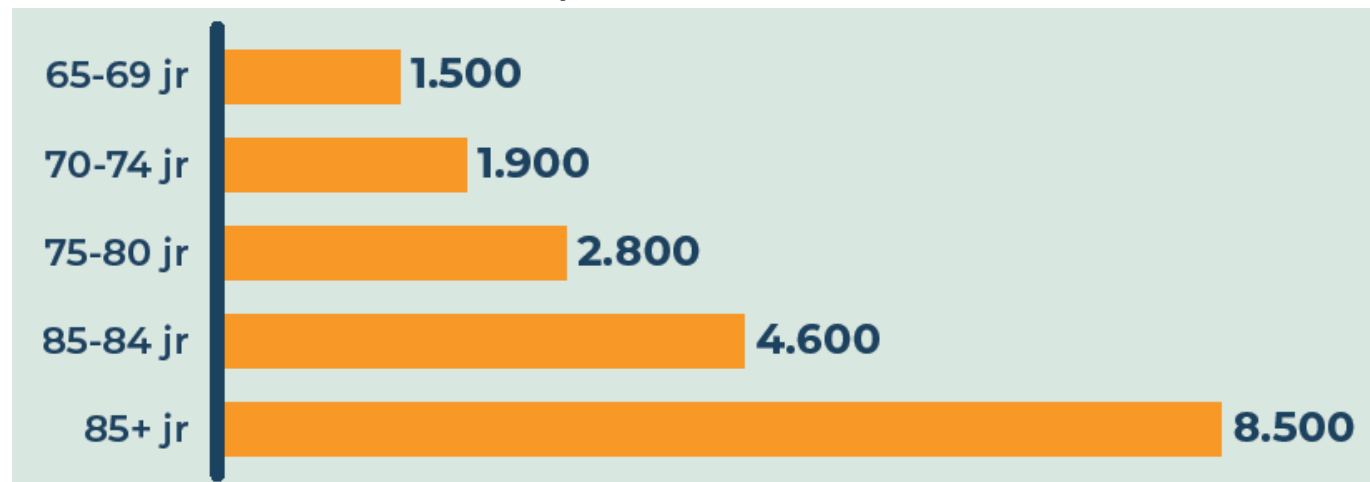
TOM

- Multidisciplinary group-based program
- People aged ≥65 years with increased risk of falling
- Aim: to decrease the number of falls
- 3 components:

exercise   nutrition   social bonding

Participants rate TOM with a **8.6**

COVID-19

- More inactivity, malnutrition and social isolation
- Implementation of TOM became more complicated

- Aim: develop, execute and evaluate COVID-proof version of TOM

- Gather input from former TOM participants and professionals
- Develop TOM & Co
- Pilot (10 weeks) and evaluate TOM & Co with (former) participants and professionals

	TOM	TOM & Co
Duration	14 weeks	6 weeks
Group size	12 persons	4-6 persons
Information sessions on exercise & fall prevention	3 weeks, once a week (live)	2 weeks, once a week (online)
Exercise sessions	10 weeks, twice a week (inside, live)	3 weeks, twice a week (outside, live)
Nutrition sessions & lunch	6 times, group lunch & live session	2 times, lunch at home & online session
Personal nutrition advice	Twice (live)	Once (live/phone)
Final meeting	In a group (live)	In a group (online/live)
TOM-buddy	Encourages social interaction, prepares lunch, attends sessions	Encourages social interaction, prepares lunch, attends sessions
Digi-buddy	-	Provides support with online sessions

TOM & Co evaluation

Appreciation for being considered during COVID-19, but TOM & Co is <u>not</u> as good as TOM.

Challenges of online sessions (Zoom):
- time consuming
- not suitable for (correcting) exercise
- participants get distracted
- professionals lack skills

Lack of social bonding:
- limited online interaction
- smaller group sizes
- fewer physical contact

Recommendations

Remove digital barriers:
- online sessions <1 hour
- alternate online / live
- knowledge transfer only
- train/support professionals
- use simple online communication tool
- recruit motivated Digi-buddies
- allow enough preparation time

Promote social bonding:
- group size ≥6 persons
- outdoor exercise sessions
- group lunches on site

Conclusions

- Digital technology can be used in offering fall prevention to older adults

- Offering online sessions is challenging

- Creating social bonding is limited, but essential

Want to know more?

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