

Distribute flyers to all U3A members/ invitation to the briefing session

SCREENING FOR INCLUSION CRITERIA

People who express interest in the study will be contacted through an initial phone call to screen to ensure they meet the study inclusion criteria.

Eligible Participants provide informed consent

FALL RISK ASSESSMENT

Comprehensive assessment of balance and turning problem

Group with turning performance* outside of normal limits (n=68)

*CLASSIFICATION
OF TURNING
INSTABILITY

Step quick test –
turn time (s) or
turn sway (degs^{-1})
measures
Neurocom
Balance Master
outside
normative data
provided by
Neurocom (age
and gender
matched)

Randomization

Control group
Continue with usual
activity (n=34)

Intervention group
Prescribed with 16 week home
based exercise (n=34)

Re-assessment after 16 weeks