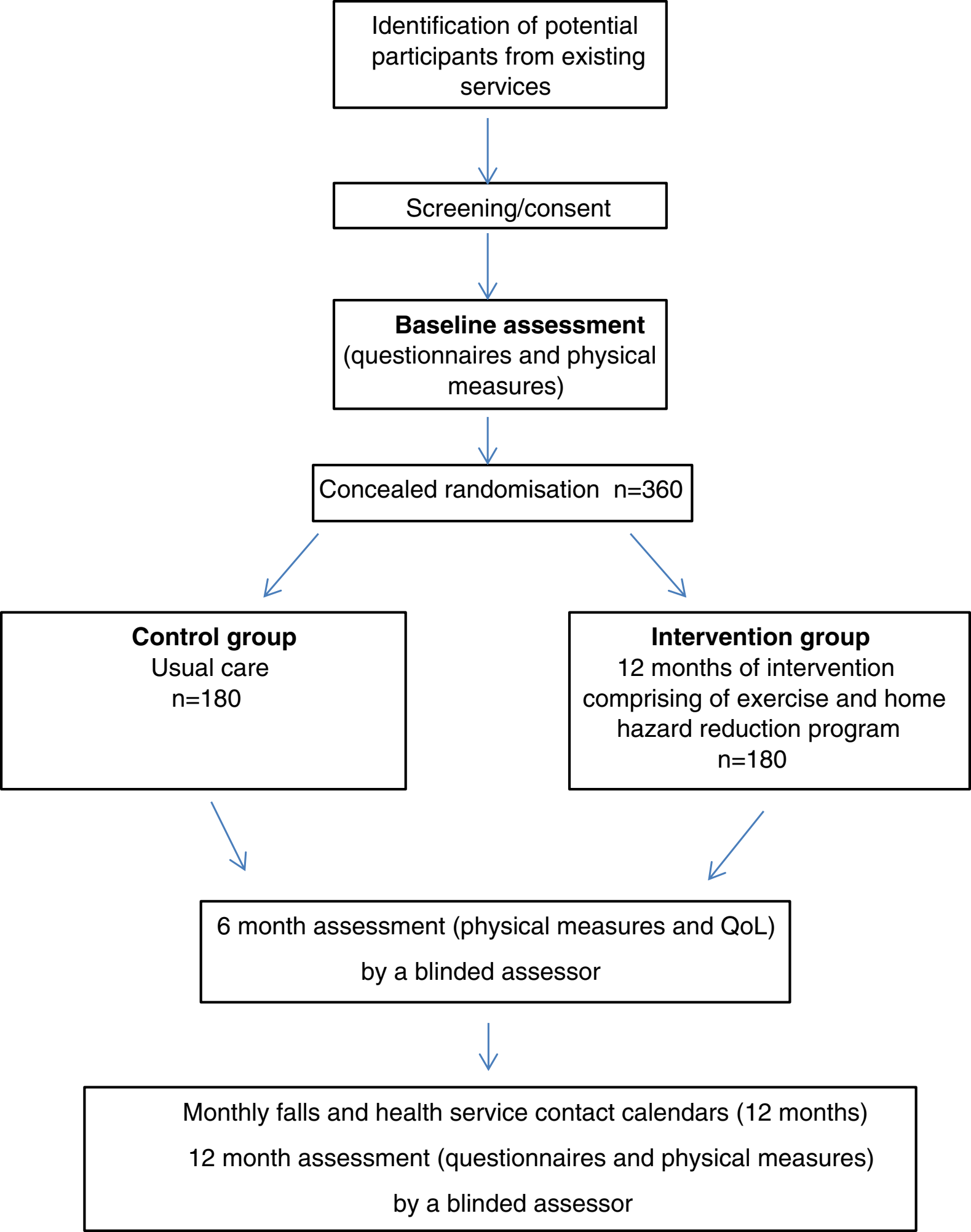
Identification of potential participants from existing services
Screening/consent
Baseline assessment (questionnaires and physical measures)
Concealed randomisation n=360
Control group
Usual care
n=180
Intervention group
12 months of intervention comprising of exercise and home hazard reduction program
n=180
6 month assessment (physical measures and QoL)
by a blinded assessor
Monthly falls and health service contact calendars (12 months)
12 month assessment (questionnaires and physical measures)
by a blinded assessor