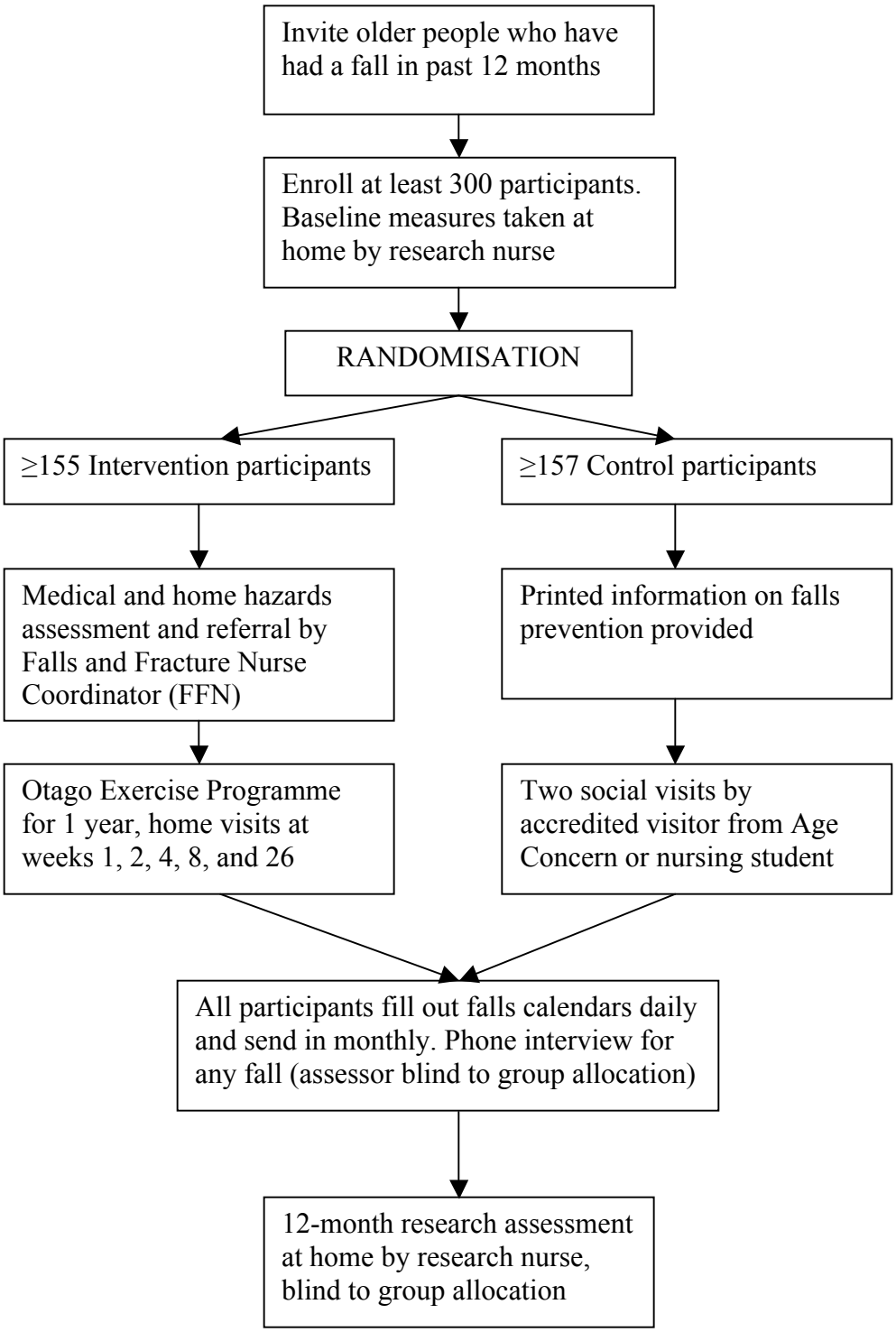
Invite older people who have had a fall in past 12 months
Enroll at least 300 participants. Baseline measures taken at home by research nurse
RANDOMISATION
≥155 Intervention participants
≥157 Control participants
Medical and home hazards assessment and referral by Falls and Fracture Nurse Coordinator (FFN)
Printed information on falls prevention provided
Otago Exercise Programme for 1 year, home visits at weeks 1, 2, 4, 8, and 26
Two social visits by accredited visitor from Age Concern or nursing student
All participants fill out falls calendars daily and send in monthly. Phone interview for any fall (assessor blind to group allocation)
12-month research assessment at home by research nurse, blind to group allocation