

Falls Prevention in Older People

About us

We are a team of researchers from the Falls, Balance and Injury Research Centre at Neuroscience Research Australia. We conduct research into understanding human balance, fall risk factors and strategies for preventing falls in older people.

The problem

Older people often show high attrition, dropping out of exercise interventions, and low adherence to fall prevention exercise programs. With high attrition and poor adherence, it is important to understand the reasons for and factors associated with attrition (e.g. falls health literacy, physical inactivity, personality) and thus improve the effectiveness of future exercise interventions.

Project

Examining the reasons and factors for attrition of a home-based balance falls prevention exercise program for older people.

Interested in this work?

Contact Dr Mae Lim to discuss more about this project : m.lim@neura.edu.au

