Evidence-Based Programs for Professionals

Evidence-Based Program: FallScape

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Key Takeaways

> Provide older adults who are at risk for falls with a one-on-one personalized multimedia behavior change intervention using Artificial Intelligence (AI) powered software.
>
> The FallScape multimedia behavioral intervention can be provided to diverse older adults in a wide variety of settings with a combination of telephone and in-person or video conference methods, using Quality Assurance software features.
>
> Falls prevention program development, fidelity, tracking and multimedia personalization utilize built-in tools provided by the AI-powered software that is included with training.

Developed by Brookside Research & Development with support from the National Institute on Aging of NIH, **FallScape <http://www.fallscape.org/>** is a 1-6 month personalized multimedia behavior change intervention for individuals at risk for falls. The intervention

requires: a) evidence-based fall risk screening and a standardized FallsTalk interview; b) FallScape interactive multimedia training; c) daily log training; d) three weekly telephone check-ins; e) follow-up interview and log review; f) FallScape interactive multimedia evaluation. The intervention can be provided by a single staff member or a team of 1 to 4 trained Facilitators. FallScape is delivered in 2 to 4 one-on-one in-person or remote sessions and three or more telephone check-in calls utilizing easy-to-use software and multimedia resources (provided).

FallScape is built upon a foundation of **FallsTalk <https://www.ncoa.org/article/evidence-based-program-fallstalk>** , the included software can serve as an organizational infrastructure, eliminating duplication of effort, increasing staff communication and promoting coordination of screening, referral and intervention services within and between entities.

- **Target audience:** Adults 50+ who have fallen OR are experiencing regular loss of Balance,
  AND are at risk for falls OR express concern about falls. The FallScape multimedia behavioral intervention can be used with diverse older adults in a wide variety of settings. Free screening training and referral software is provided for one support person for each trained Facilitator.

- **Health outcomes:**

    - Improve recognition of fall threats (personal traits and circumstances that could cause a fall) and self-efficacy

    - Increase falls prevention behaviors and falls self-management skills

    - Enhance fall threat recognition and prevention behaviors with multimedia

    - Prevent participant falls and reduce fall risk

- **Delivered by:** 1-3 Trained lay leader/facilitator

- **Program type:** Individual

- **Format:** In-person at home, in-person in community, telephone, or remote (video

conference). It is expected for the Facilitator to use a combination of telephone, video conference, and in-person implementation in the same FallScape series. For example: telephone Initial interview, in-person FallScape multimedia session(s), 3 weekly telephone check-ins, video conference Follow-up Interview, telephone follow-up (optional) check-in.

- **Length:** FallScape requires:

  - a) Evidence-based fall risk screening and a standardized FallsTalk interview (10-30 minutes);

  - b) FallScape interactive multimedia training (one-30-40 or two-15-20 minute sessions);

  - c) Daily log training (5-15 minutes, can be combined with a);

  - d) A minimum of three weekly telephone check-ins (2-10 minutes each);

  - e) Follow-up interview and log review (10-30 minutes);

  - f) FallScape interactive multimedia evaluation (10- 20 minutes, can be combined with (e.).

  - e). Approximately 90-105 minutes of contact time are required to provide a complete FallScape multimedia behavioral intervention.

- **Training:** Remote and in-person. Some in-person training is required for experience with multimedia components for program fidelity.

  - **FallsTalk <https://www.ncoa.org/article/evidence-based-program-fallstalk>** training and demonstration of competency are required before FallScape training can begin.

  - Completion of the Day 1 FallScape curriculum and an active FallScape license are required to deliver FallScape in most settings.

  - In-person or hybrid format training options are available to complete the curriculum (see course outline on website).

- In-person training is offered at various sites or can be delivered on-site for groups by custom arrangement.

- Hybrid (one in-person session, plus 1-2, 45-75 min. webinars) training is offered to meet the unique needs of the organization and trainees.

- FallScape Day 1 training is a pre-requisite for Advanced FallScape (not required; day 2, see curriculum).

- **Professional required:** No

- **Accessibility adaptations available:** Yes, FallScape is especially appropriate for mobility-impaired, house bound, group-shy or temporarily chair/bed-bound participants. The FallScape multimedia components are particularly helpful for individuals with memory loss or cognitive impairment. Development of FallScape for delivery by Caregivers or Care Partners is in the final stages of development.

- **Cultural adaptations available**: Yes, the FallsTalk behavioral intervention is a person-centered approach and the FallScape multimedia components are customized to address the Participant's lifestyle, environment and limitations. Facilitators who have experience working with individuals from different cultures can easily provide a culturally appropriate intervention.

- **Available in languages other than English:** No

- **Topic(s):**

  - Falls Prevention

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