

[http://211.233.13.55/image/title_icon.gif] Abstract Information

Presentation Type Oral

Topic Category Social & Behavioral Science

Sub Topic Category1 Health (and Function)

Sub Topic Category2 SBS04: Disability, Falls, and Mobility

Abstract Title **Older women and men as co-creators in design of a mobile application for fall prevention**

Introduction There is a plethora of fall prevention programs for older community-dwelling people. The evidence for exercise-based programs is strong. There is a problem however with implementation and adherence. Motivational factors and barriers have been identified to some extent. Previous studies have shown that what works best is when exercise programs are tailor made, home based, and when people have access to personal feedback on a regular basis. Mobile applications for Smartphones with exercises have these advantages, and have been available for a long time, but these are most commonly directed to young and middle-aged people. There are no applications for fall prevention developed based on senior's own wishes. The aim was to investigate how healthy older community-dwelling women and men reason and what exercises they prefer when participating in development and design of a fall prevention program in shape of a mobile application for Smartphones.

Method Participatory and appreciative action research design with focus group interviews and workshops. Qualitative data analysis.

Results The preliminary results show that when older community-dwelling men and women participate in developing a fall prevention program for Smartphones, they have many ideas, thoughts and experiences that may serve as a motivational factor for following a fall prevention program regularly.

Conclusion The implementation and adherence for evidence based fall preventative exercise programs is insufficient. This study will gain knowledge to design tailor made, home based fall prevention exercise programs among community-dwelling healthy seniors.

Keywords mobile applications, fall prevention, older people

Presentation Equipment

Convenor's Name

Symposium Title

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