Engaging Community-Based Organizations in Fall Prevention for Older Adults: Moving from Research To Action
Study Update#2 – February 2013

Background
Many falls can be prevented. The risk of falling can be reduced by up to 40% through multi-factorial interventions, BUT only 34% of community-living older adults will receive any evidence-based fall intervention (EBFP). Little is known about the best way to engage community-based providers in the use of EBFP for older adults and close the research-practice gap.

This research study aims to develop an understanding of:

- attitudes, knowledge, and practices of community organizations related to EBFP strategies among
  - service providers
  - managers and directors
- perceived barriers and effective strategies within and across diverse community organizations for
  - adoption
  - implementation
  - sustainability

Such information will inform how public health can best engage diverse community organizations and providers in EBFP strategies as a means of reducing fall-related injuries and keeping seniors independent, active and in good health (Ontario’s Action Plan for Seniors).

Study Progress
- Systematically evaluated and synthesized the literature to identify EBFP strategies relevant to community-dwelling older adults
- Developed a new questionnaire to assess community service providers’ attitudes, knowledge and use of EBFP strategies in older adults
- Conducted content/face validation and pre-testing of this new questionnaire with 5 community service providers to determine final items
- Recruited participants from York Region
- Conducted 13 semi-structured, digitally recorded interviews and 3 focus groups (n= 8-8+9) between January and February 2013 in York Region
- Interviewed participants about their experiences using EBFP strategies in their organization for older adults
- Transcribed audio recordings from these interviews verbatim
- Meeting to discuss the transcripts and identify preliminary codes

What’s Next?
- Booking interviews and focus groups in the Simcoe Muskoka and North Bay Parry Sound District Health Unit regions for an April 2013 completion
- Currently analysing transcripts from completed interviews and focus groups

Supporting Organizations
- Hamilton Public Health Services
- Hastings & Prince Edward County Health Unit
- Kingston, Frontenac, Lennox & Addington Public Health
- Middlesex-London Health Unit
- North Bay Parry Sound District Health Unit
- Ontario Neurotrauma Foundation
- Simcoe Muskoka District Health Unit
- Windsor-Essex County Health Unit
- York Region Community & Health Services Department

Study Time Line

Phase 1
Mixed Methods Rapid Evidence Assessment (REA)
✓ COMPLETE

Questionnaire Development and Pretesting
✓ COMPLETE

Phase 2
Key Informant and Focus Groups
January 2013 – April 2013
✓ York Region Community and Health Services Department
☐ Simcoe Muskoka District Health Unit
☐ North Bay Parry Sound District Health Unit

Data Entry, Analysis and Reports
February 2013 – September 2013
Knowledge Transfer and Exchange Activities: ONGOING

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