

VOLUNTEERS AGED 70+ NEEDED FOR RESEARCH STUDY

Standing Tall

Keeping you on your feet

HOME-BASED EXERCISE PROGRAM

TO IMPROVE YOUR BALANCE

FREE



Are you:

70+ years and want to improve your balance?

Are you concerned about falling?

Neuroscience Research Australia and the University of New South Wales would like to invite you to participate in *Standing Tall*, a research study aimed at improving older adult's balance and reducing their risk of having a fall. *Standing Tall* is a home-based balance training program delivered through an iPad (as seen on the picture overleaf) for people over 70 years of age.

The study involves performing balance exercises in your home, in your own time, using the *Standing Tall* program.

You do not need to own an iPad or have experience using one; we will provide you with one for the duration of the study, and we will teach you how to use it.

Standing Tall is designed especially for older adults; it contains:

- ✓ **Exercise videos** to show you how to correctly perform the exercises.
- ✓ **A voice over** helps you count your exercises and emphasises the key points of each exercise to ensure proper technique.
- ✓ **An inbuilt coach** will tailor the balance exercises to match your specific needs. As your performance improves, the exercises will progress to ensure they remain challenging and you continue to improve your balance!
- ✓ **Performance track**, *Standing Tall* will also track your performance so you can see your progress over time.

Through this study we aim to investigate whether *Standing Tall* is feasible, and to measure if *Standing Tall* can improve balance and reduce the risk of falls in older people. Our approach aims to promote healthy ageing by improving health, enhancing quality of life and preventing falls.

If you are interested in participating or for more information, please contact the Standing Tall Research Team at

(02) 9399 1888 or email us at standingtall@neura.edu.au

This study will start early 2015 and run for 24 months. If you decide to participate in the *Standing Tall* study, prior to the start of the study, one of our researchers at NeuRA will call you to make an appointment for your initial assessment. You can choose whether to perform the assessment in your home, or at NeuRA (Randwick NSW 2031).

During this appointment we will ask you further screening questions and if you meet all eligibility criteria we will perform the initial assessment. During the assessment we will assess your fall risk, using measures of strength, balance, vision, reaction time, stepping and walking. You will be asked some questions about your general health, physical activities, medication use and falls history.

Because this is a research study, and we want to assess the efficacy of *Standing Tall*, we need to compare outcomes between people that perform the *Standing Tall* exercise program versus people that do not perform the *Standing Tall* exercise program, but instead, continue with their usual activities.

This means that after your assessment you will be placed at random (like tossing a coin) into one of two groups:

- **Exercise Group:** This group will receive an iPad with the *Standing Tall* balance program in it; and you will perform the exercises for the duration of the study (24 months).
- **Control Group:** This group will receive an iPad with weekly informational newsletters on how to stay active and prevent falls, but **will not receive the Standing Tall balance program**. In which case you will continue performing your activities as usual.

You have 50% chance of being in the exercise group and 50% chance of being in the control group. No matter which group you are allocated, we will reassess you at 6, 12 and 24 months to see if your scores have changed over time.

If you have been allocated to the **exercise group**, a researcher will visit you at your home to teach you how to use the iPad. If you have been allocated to the **control group**, a researcher will teach you how to use the iPad after your initial assessment.

You will be able to contact us at any time throughout the study if you have any questions or need assistance. We will work together so that you get the most of this experience!

To take part in the study you must:

- ✓ Be 70 years of age or over,
- ✓ Live independently,
- ✓ Be able to walk 20 meters with or without a walking stick,
- ✓ NOT have a neurological condition such as Parkinson's disease, Multiple Sclerosis or Dementia,
- ✓ NOT be taking part on any other falls prevention program.

If you are not sure if you meet these criteria, give us a call and we will help you.

We look forward to speaking to you!

Best Regards,

Standing Tall Research Team: Dr Kim Delbaere, Dr Stephen Lord, Trinidad Valenzuela, Ashley Woodbury

