



**Thuis
Onbezorgd
Mobiel**

Project TOM: Results of implementing a multifactorial approach to prevent falls and improve autonomy in community-dwelling older adults

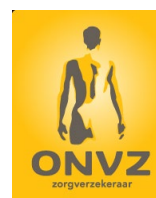


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 **NUTRICIA**
Advanced Medical Nutrition

 **DANONE**
ECOSYSTEME

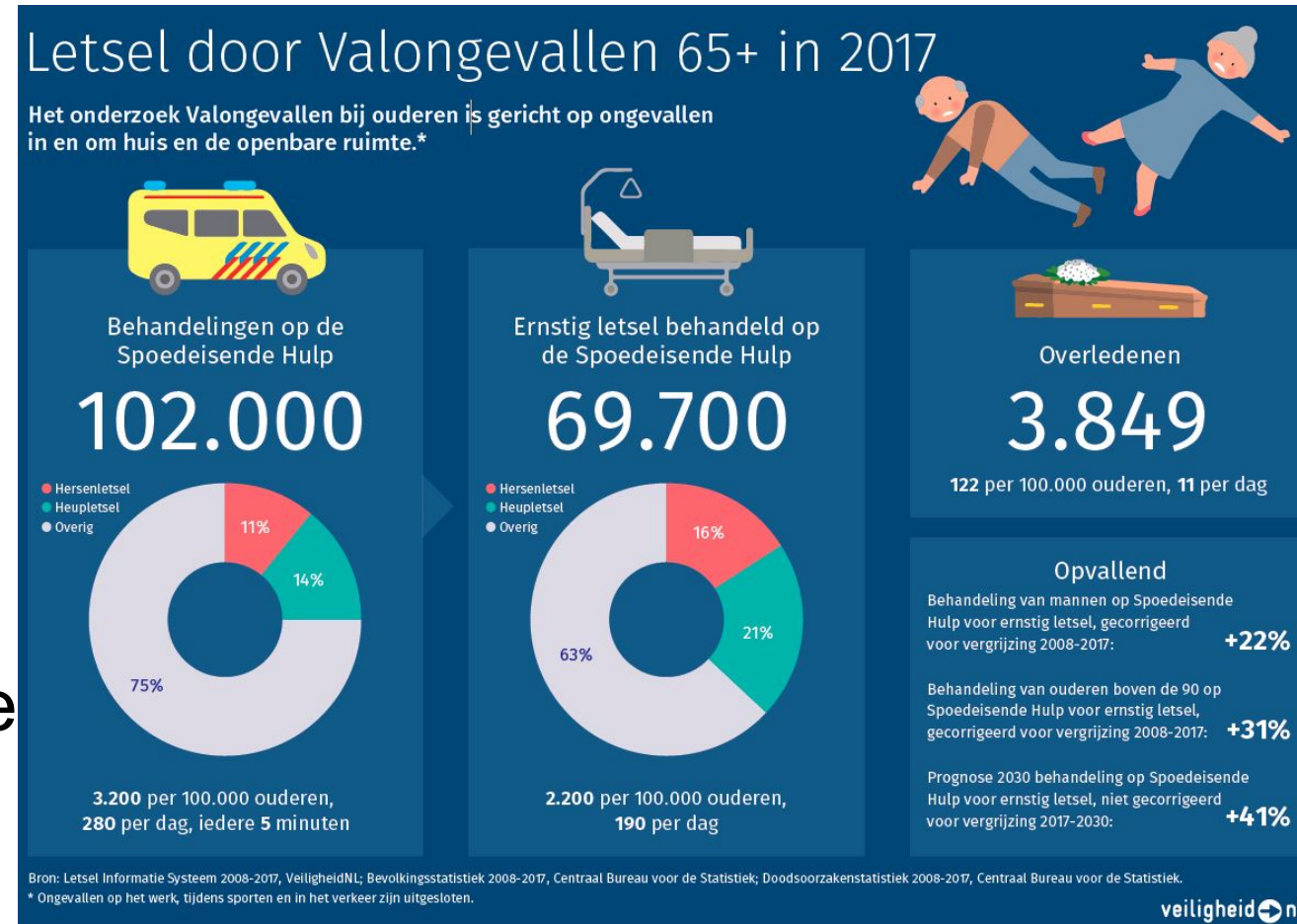
 **PHILIPS**
Innovation
Services

 **ONVZ**
zorgverzekeraar

Urgency

“Ministry encourages regional collaboration in order to live longer at home” (letter to parliament, 2014)

“Seven out of ten 75+ would prefer to live in their own house until death” (WoON, 2010)



Aim

To assess the impact of a multifactorial fall prevention program (TOM) on mobility and wellbeing and its acceptability and feasibility



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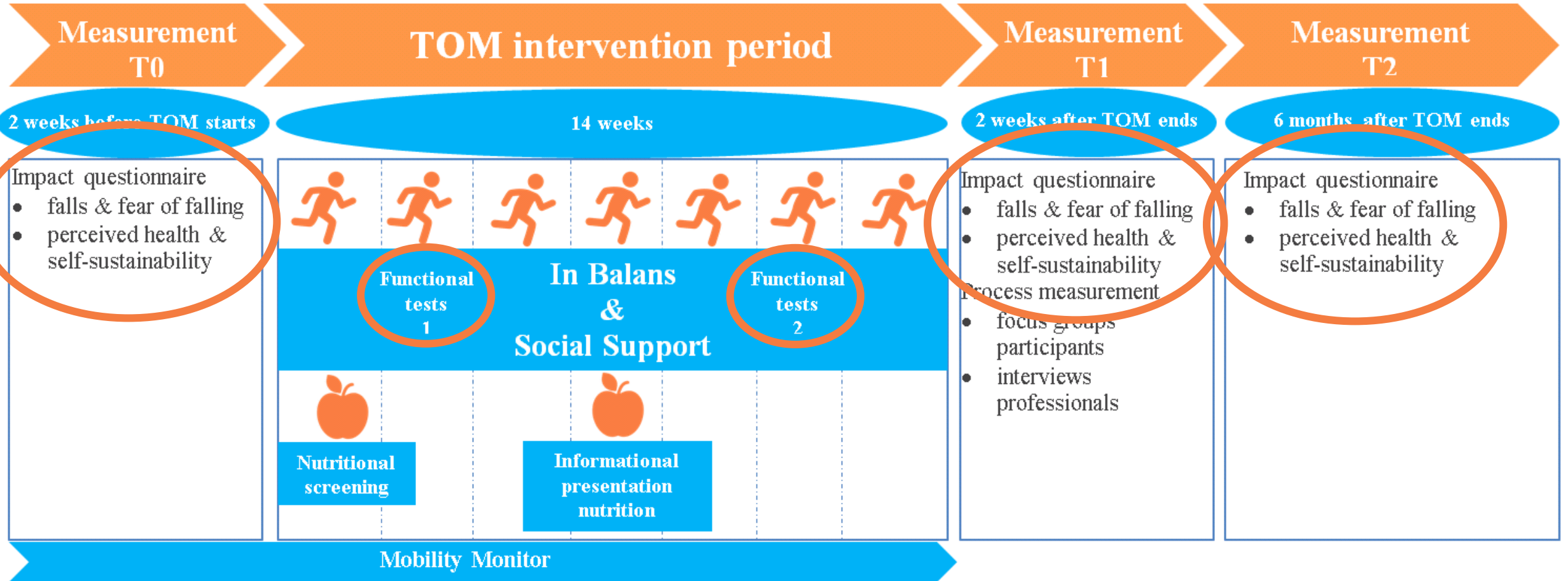


TOM participant

- 65 years and older
- Increased risk of falling
- Lives independently
 - Within the region of the living lab
- Has access to pc and email address
- Has no internal electronic equipment



TOM approach



5 Living Labs

Living Lab 1 - BEST

- April – July 2017
- 42 participants

Living Lab 2 – VITAAL VECHTDAL

- October 2017 – January 2018
- 33 participants

Living Lab 3 - HOUTEN

- April – July 2018
- 25 participants

Living Lab 4 – AMSTERDAM

- September – December 2018
- 10 participants

Living Lab 5 – VOORBURG

- September – December 2018
- 14 participants

TOTAL

- 124 participants

Results

Functional test

- Participants: 80
- Average age: 75 years
- 15 male & 46 female

Mobility monitor

- Participants: 80
- Average age: 75 years
- 33 male & 47 female

47.5%	More steps
55.0%	More standing up from chair

Improvement

sec
sec
cm
sec

Impact

- Participants: 25
- Average age: 75 years
- 32 male & 47 female

Process

- Focus group participants: 25
- Telephone interview professionals: 30

“ Thanks to TOM, we are in balance. That enriches our lives “
participant TOM

+	Social interaction
+	Multidisciplinary character
-	Connection between TOM components
-	Personalised feedback

After

Conclusion

The approach of TOM provides a relevant blueprint for a local fall prevention method in order to maintain older adults' self-management and independence.



THANK YOU!

