Delivering an exercise-based falls prevention program to people aged 50+ with vision impairment

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10% of Australians aged 55+ have a vision impairment (Department of Health, 2008)

- Vision Impairment
  - (Ivers et al. 1998, Lord et al. 2006, Freeman et al. 2007)
- Strength
  - (Steinman et al. 2008, Lamoureux et al. 2010)
- Balance
  - (Kulmala et al. 2008)
Exercise-based falls prevention

LIFE
Lifestyle-integrated Functional Exercise programme

PlaTFORM

V-LIFE
...for people with vision impairment
Adaptation for older adults with vision impairment

- Adapted participant manuals
- 2 additional sessions
- Trained 60+ Orientation and Mobility Specialists
Participant perspectives: Attitudes to Falls-Related Intervention Scale

Mean = 36.02 SD = 4.85

‘[I] have modified the way I [do] daily activities: hanging clothes on line with a sideways steps, tandem walk while waiting for toast’ (M, 68)

‘I didn't like the daily activity ones and didn't have time for them so instead [the Instructor] and I set them up to do them all in sets together’ (M, 68)
Case Study – Andy

- 71 legally blind long cane user
- Bilateral Optic Neuropathy & hearing loss
- History of previous falls & underweight
- Intervention November 2017
- Preference for block activities
- No falls reported
Case study – Nelson

- 78 LB long cane/support cane user
- ARMD/Glaucoma & peripheral neuropathy
- History of previous falls & overweight
- Intervention November 2017
- Cellulitis episodes – bedbound activities
- Easier to step over pet dog
Case study – Gracia

- 90 low vision support cane user
- ARMD/Cataract & arthritis/osteoporosis
- History of previous falls
- Intervention January 2018
- Block preference & attends Yoga/SHARE
- Near falls – able to regain balance
Take home messages

1. Falls prevention is a gap for people with vision impairment
2. LiFE was successfully adapted as v-LiFE and well liked by participants
3. Orientation and Mobility Specialists are well placed to deliver an exercise-based program
4. v-LiFE is a catalyst for re-engaging in other services
Acknowledgements

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Still Recruiting!

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