



The George Institute  
for Global Health

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

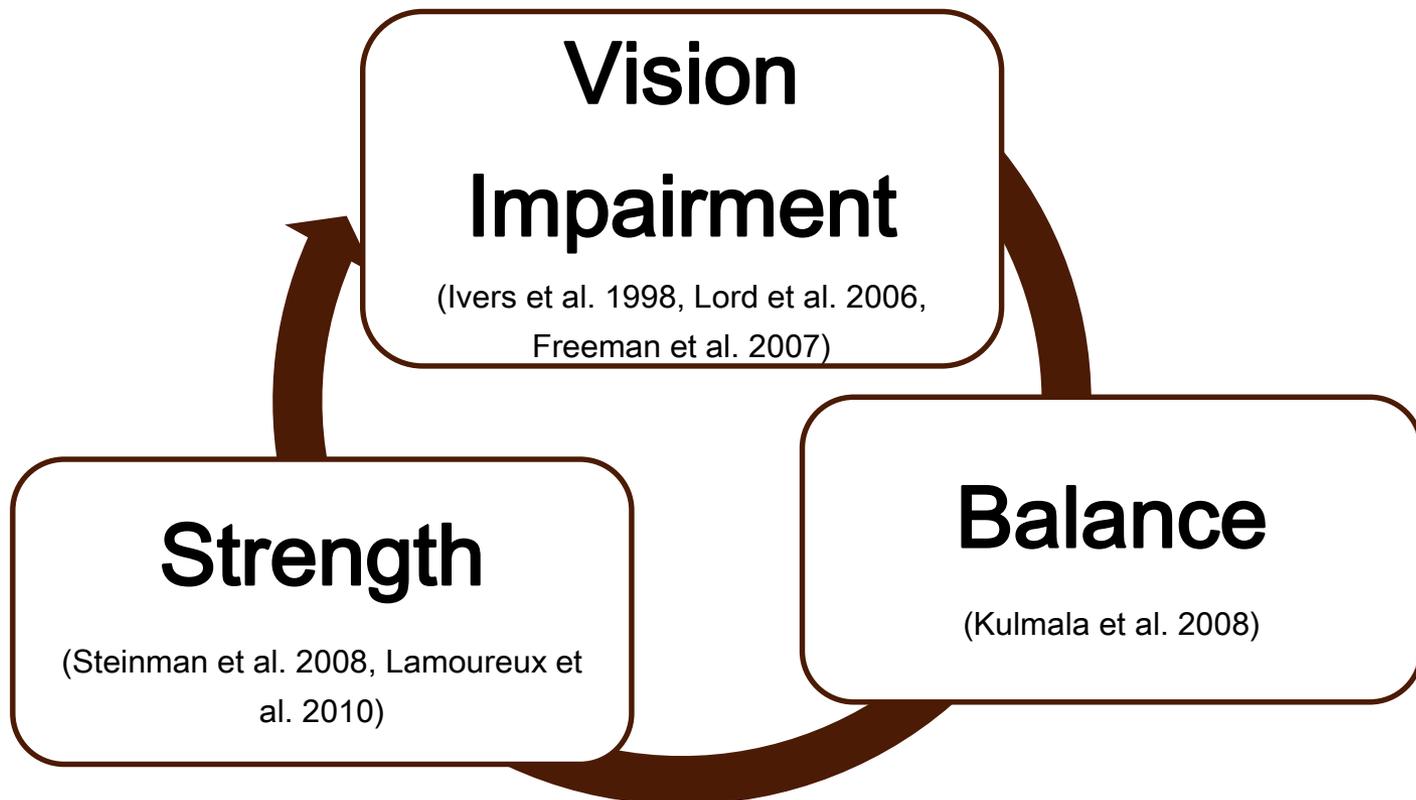
Lisa Dillon &  
Metaxia Tsoukatos

**PlaTFORM**



# Falls and vision impairment

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



# Exercise-based falls prevention

# LIFE

Lifestyle-integrated Functional  
Exercise programme



# PlATFORM



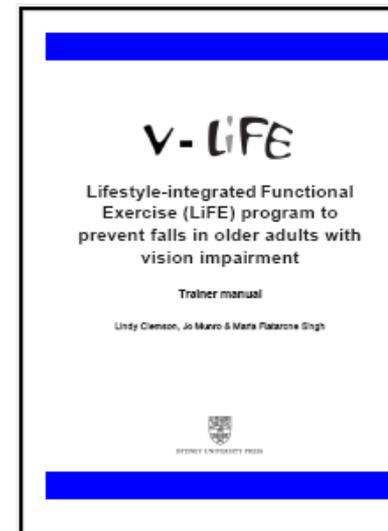
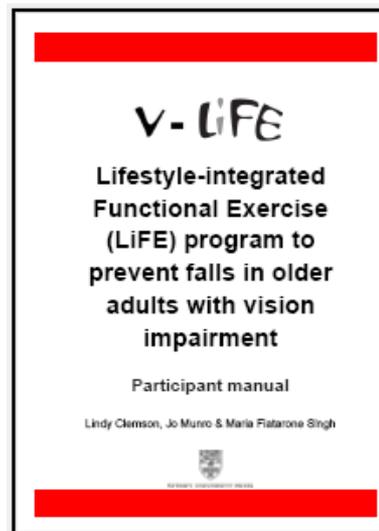
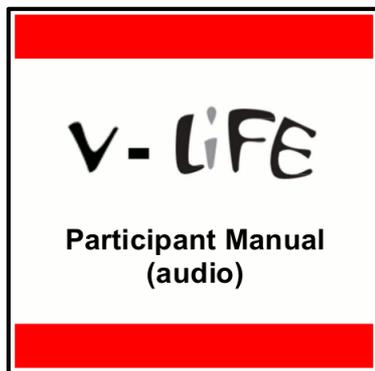
# V-LIFE

...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)

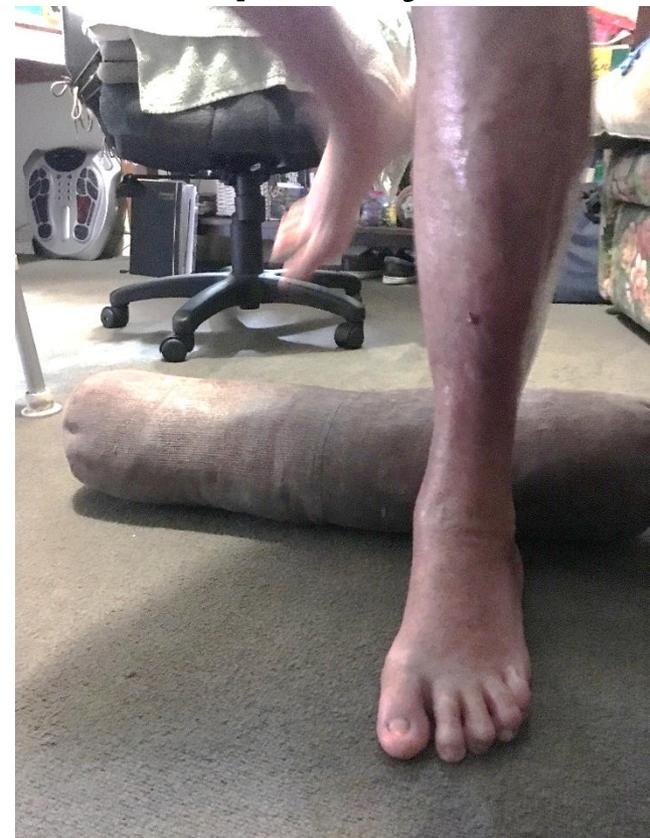
# Case Study – Andy

- 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

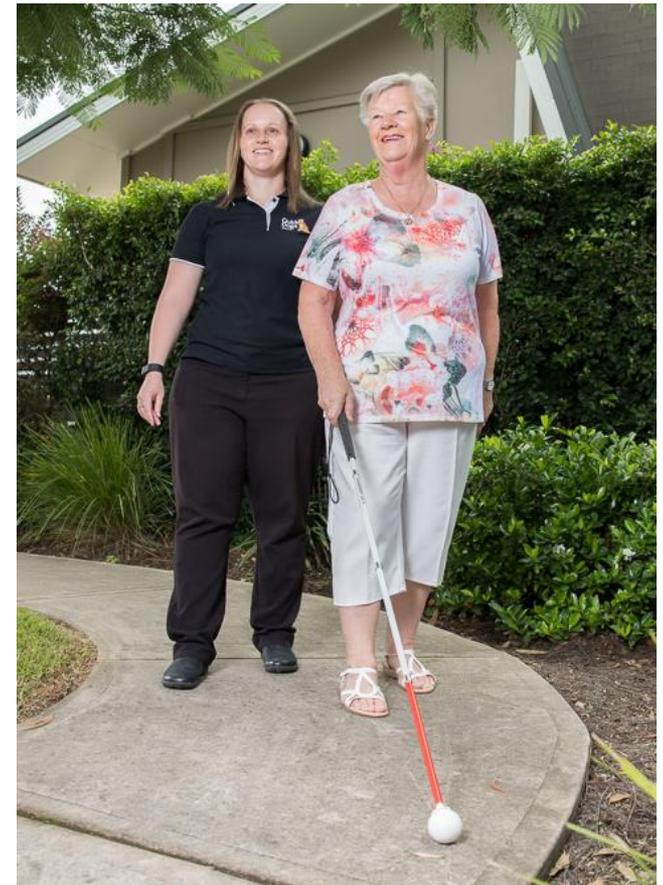


# Take home messages

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

- Orientation and Mobility Specialists and Clients
- Guide Dogs NSW/ACT & The George Institute for Global Health
- Donors





*Still Recruiting!*

**PlaTFORM**



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