Recruitment at multiple sites

Referral

Telephone screening

Exclusion based on eligibility criteria

Baseline assessment at the executors centers

Permuted blocked Randomization for each executor site

(n=612)

Control Group:
Usual care
Risk assessment for falls and referral to their clinicians with a list of the identifiable risk factors without specific guidance
(n=306)

Intervention Group:
Multifactorial Falls Prevention Program
12 weeks of exercises and educational activities + measures to address the risk factors
(n=306)

Monthly falls diaries + Monthly telephone calls (to register falls and consequences)

6 and 12 month follow-up assessment