Distribute flyers to all U3A members/ invitation to the briefing session

SCREENING FOR INCLUSION CRITERIA
People who express interest in the study will be contacted through an initial phone call to screen to ensure they meet the study inclusion criteria.

Eligible Participants provide informed consent

FALL RISK ASSESSMENT
Comprehensive assessment of balance and turning problem

*CLASSIFICATION OF TURNING INSTABILITY
Step quick test – turn time (s) or turn sway (degs⁻¹) measures
Neurocom Balance Master outside normative data provided by Neurocom (age and gender matched)

Group with turning performance* outside of normal limits (n=68)

Randomization

Control group
Continue with usual activity (n=34)

Intervention group
Prescribed with 16 week home based exercise (n=34)

Re-assessment after 16 weeks