Identification of potential participants from existing services

Screening/consent

Baseline assessment (questionnaires and physical measures)

Concealed randomisation n=360

Control group
Usual care n=180

Intervention group
12 months of intervention comprising of exercise and home hazard reduction program n=180

6 month assessment (physical measures and QoL) by a blinded assessor

Monthly falls and health service contact calendars (12 months)
12 month assessment (questionnaires and physical measures) by a blinded assessor