- approaching potential participants
- obtaining informed consent

- screening potential participants on eligibility criteria by phone
- inclusion

- baseline measurement:
  • sociodemographic, physical and environmental factors
  • balance, fear of falling, physical parameters
  • physical activity, functional status, quality of life, mental health,
    use of walking devices, medication, use of health care services,
    adjustments to the house
- randomization

intervention group
Tai Chi Chuan (13 weeks, 2 times a week, 1 hour)

control group
usual care

3 months:
• balance, fear of falling, physical parameters
• physical activity, functional status, quality of life, mental health,
  use of walking devices, medication, use of health care services,
  adjustments to the house

6 months:
• physical activity, functional status, quality of life, mental health,
  use of walking devices, medication, use of health care services,
  adjustments to the house

12 months:
• balance, fear of falling, physical parameters
• physical activity, functional status, quality of life, mental health,
  use of walking devices, medication, use of health care services,
  adjustments to the house