Screening & Recruitment

Baseline measurement

Randomisation (entry into the study)  
N = 214

CONTROL

Usual care  
+ Falls prevention brochure  
N = 107

INTERVENTION

Exercise  
+ Falls risk minimisation  
+ Injury minimisation  
+ Usual care  
+ Falls prevention brochure  
N = 107

Falls monitoring using monthly calendar

Follow-up measurement after 12 months

Follow-up measurement after 12 months