

## Evidence-Based Programs for Professionals

# Evidence-Based Program: FallsTalk

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Center for Healthy Aging

**Evidence-Based  
Program**

## Key Takeaways

Provide older adults who are at risk for falls with a one-on-one personalized behavior change intervention entirely by telephone, in-person, video conference or with a combination of these methods, using Artificial Intelligence (AI) powered software.

The FallsTalk behavioral intervention can be provided to diverse older adults and (if desired) their Care Partners, in a wide variety of settings utilizing Quality Assurance features of the HIPAA-compliant software.

Falls prevention program development, fidelity, tracking and personalization utilize built-in tools provided by the AI-powered software that is included with training.

Developed by Brookside Research & Development supported by the National Institute on Aging of NIH, [FallsTalk <http://www.fallscape.org/>](http://www.fallscape.org/) is a one to six-month personalized behavior change intervention for individuals at risk for falls. The intervention requires: a)

evidence-based fall risk screening and standardized FallsTalk interview to create customized intervention components and reports; b) daily log training; c) three weekly telephone check-ins; d) follow-up interview and log review. The intervention can be provided by a single trained Facilitator or a team of 1-3 Facilitators. FallsTalk is delivered in two one-on-one in-person, telephone or video conference sessions and three or more telephone check-in calls, utilizing easy-to-use software (provided). Additionally, FallsTalk software components can be used as the foundation for an organization's falls prevention efforts, or to enhance existing services. The included software creates an organizational infrastructure, eliminating duplication of effort, increasing staff communication and promoting coordination of screening, referral and intervention services within and between entities.

- **Target audience:** Adults 50+ who have fallen OR are experiencing regular loss of Balance,  
AND are at risk for falls OR express concern about falls. The FallsTalk behavioral intervention can be used with diverse older adults in a wide variety of settings. Free screening training and referral software is provided for one support person for each trained Facilitator.
- **Health outcomes:**
  - Improve recognition of fall threats (personal traits and circumstances that could cause a fall) and self-efficacy
  - Increase falls prevention behaviors and falls self-management skills
  - Prevent participant falls and reduce fall risk
- **Delivered by:** 1-3 Trained lay leader/facilitator
- **Program type:** Individual

- **Format:** In-person at home, in-person in community, telephone, or online (video conference). It is expected for the Facilitator(s) to use any combination of telephone, video conference, or in-person implementation in the same FallsTalk series. For example: In-person Initial Interview, 3 weekly telephone check-ins, telephone Follow-up Interview and video conference (optional).
  
- **Length:** 1 to 5 Sessions including:
  - a) Evidence-based fall risk screening and a standardized FallsTalk interview (10-30 minutes);
  - b) Daily log training (5-15 minutes, can be combined with a);
  - c) Three or more weekly telephone check-ins (2-10 minutes each);
  - d) Follow-up interview and log review (10-30 minutes).
  
  - Approximately 60-90 minutes of contact time are required to provide a complete FallsTalk behavioral intervention.
  
- **Training:** In-person and remote.
  - Completion of the FallsTalk curriculum, training assignments and an active FallsTalk license are required.
  - In-person training, interactive webinar, or hybrid format training options are available to complete the curriculum (see course outline on website).
  - In-person training is offered at various sites or can be delivered on-site for groups by custom arrangement.
  - Interactive participant-paced webinar (8-12, 45-75 min. sessions) or hybrid (one in-person session, plus 2-6, 45-75 min. webinars) training is offered to meet the unique needs of the organization and trainees.
  - If you are a trained Facilitator and haven't upgraded your software recently, please email Dr. Victoria Panzer. Licensed users are eligible for free upgrades and an upgrade

training webinar.

- **Professional required:** No
- **Accessibility adaptations available:** Yes, FallsTalk is especially appropriate for mobility-impaired, house bound, group-shy or temporarily chair/bed-bound participants. FallsTalk for delivery by Caregivers or Care Partners in collaboration with a FallsTalk Facilitator is available for licensed Facilitators with required additional training (provided at no cost, courtesy of our NIH grant funding).
- **Cultural adaptations available:** Yes, FallsTalk is a person-centered approach. Facilitators who have experience working with individuals from different cultures can easily provide a culturally appropriate intervention.
- **Available in languages other than English:** No
- **Topic(s):**
  - Falls Prevention
- **Contact:** [Dr. Victoria Panzer](#)

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