



# Active life-style all your life

an occupation-based fall  
prevention program for elderly at risk

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# Background: A large public health problem



- Fall injuries among the elderly (+65) are among the fastest growing community health problems in Western Europe and North America
- In Sweden falls resulting in hospitalisation have doubled in the last 20 years
- Nine out of ten fall injuries affect people over the age of 65
- Among women over 80 in Sweden, the risk of suffering a fall injury is 50 per cent

**Falls**  
**can be**  
**prevented**





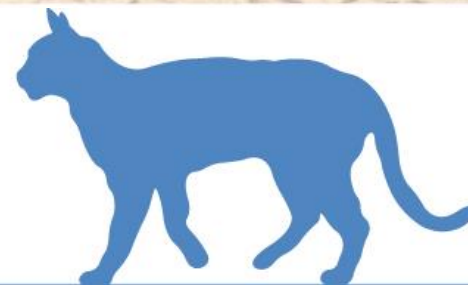
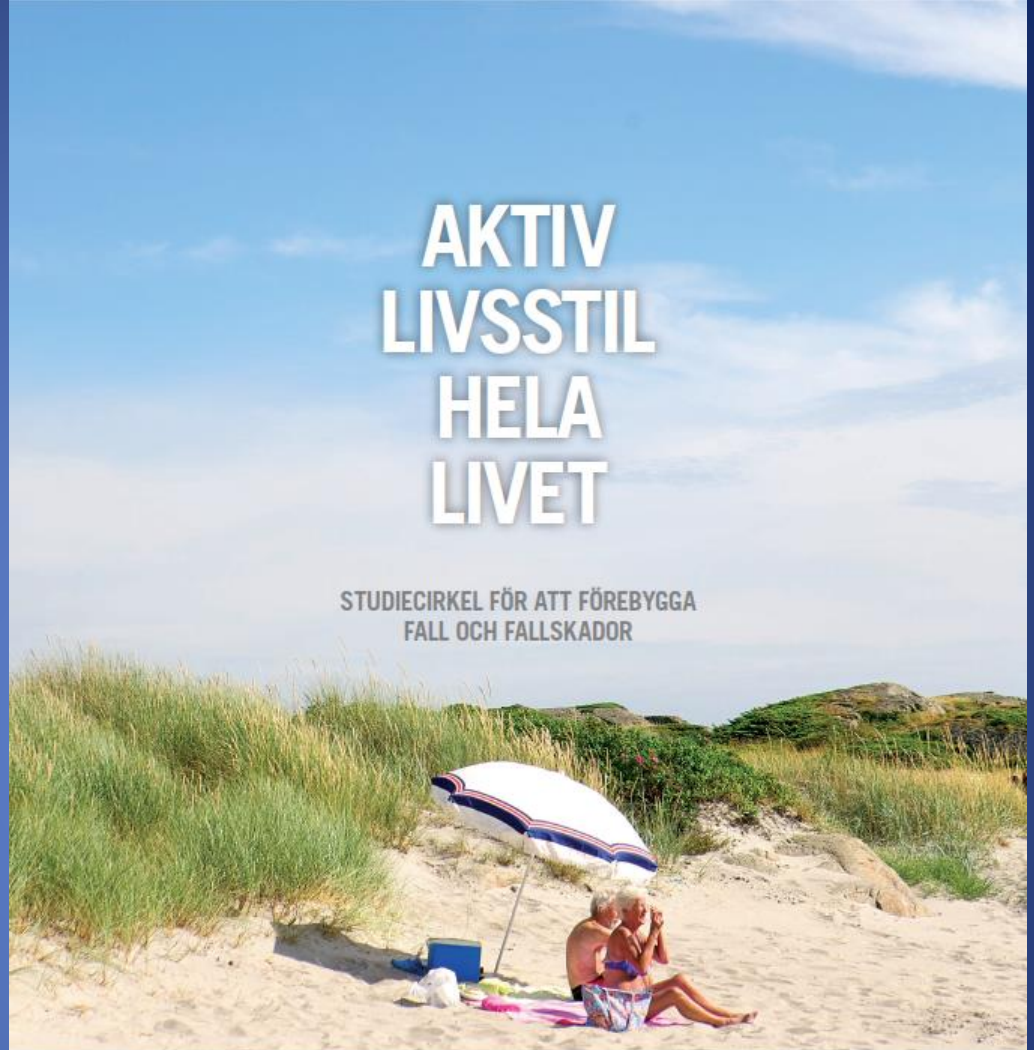
# ACTIVE LIFESTYLE ALL YOUR LIFE

A GROUP BASED  
INTERVENTION  
TO PREVENT FALL  
AND FALL INJURIES

Implemented in  
9 primary-care  
centers who had 10  
intervention groups  
with 74 participants

# AKTIV LIVSSTIL HELA LIVET

STUDIECIRKEL FÖR ATT FÖREBYGGA  
FALL OCH FALLSKADOR



# Organisation of intervention

- Built on the latest evidence in fall prevention
- Multi-professional: OT, Physio, Nurse, Dietician and professional from the municipality
- Study-groups, 10-12 meetings during 6-8months
  - Thematic
    - Engaging occupation
    - Everyday occupations, balance, rest
    - Drug-consumption
    - Assistive devices
    - Environment, accessibility and risks
    - Community, what resources do they have
  - "Fika" and social fellowship
  - Physical training in group (e.g. Tai-chi)
  - Individual part with home-visits and counselling

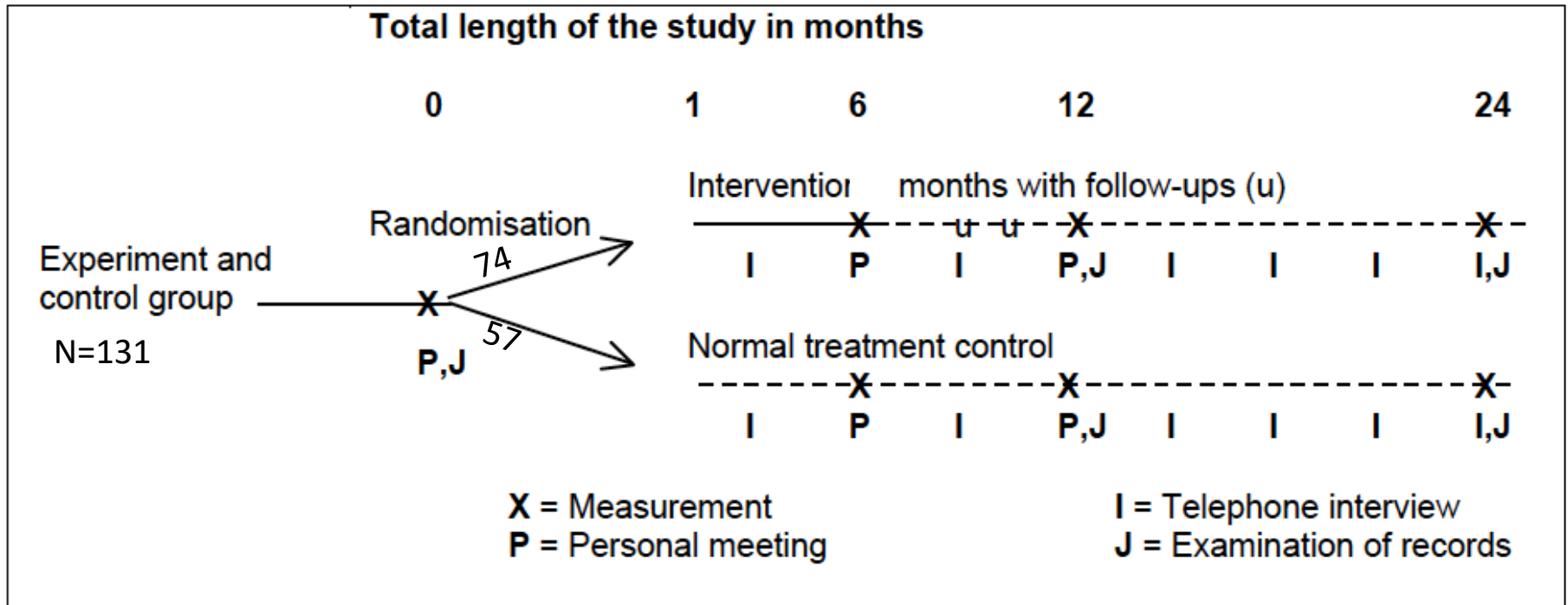


# Study-groups with "fika"



# RCT-design

**Figure 1. Sketch of the pilot study design in the implementation phase.**



- Participation
- Self-rated health
- Falls and Fear of falling
- Balance (TUG)

- Experiences (participants)
- Experiences (group-leaders)

# Falls and Fear of falling

*Research Paper*

## The efficacy of a multifactorial falls-prevention programme, implemented in primary health care

Erika Johansson<sup>1</sup>, Hans Jonsson<sup>2,3</sup>, Raymond Dahlberg<sup>1</sup> and Ann-Helen Patomella<sup>4</sup> 

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**Occupational  
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# Falls and fear of falling

**Table 2.** The risk of falls at follow-up: Between the intervention and the control group, over time and within each group.

Odds ratio estimates and profile-likelihood confidence intervals (CI) for the risk of accidental falls	OR	OR Lower CI	OR Upper CI	p-value
Falls at 12 months: intervention versus controls	0.248	0.092	0.665	0.005*
Falls at 12 months in comparison with baseline measures: intervention versus controls	0.332	0.105	1.046	0.059
Change of risk of falls within the intervention baseline measures				
Change in risk of falls within the control group baseline measures				

\*Significant  $p < 0.05$

## Conclusion

The results showed the efficacy of the programme by the decreased falls and fear of falling in comparison with usual care. This pilot study indicated that falls and fear of falling could be positively impacted by using multifactorial and multi-disciplinary methods in primary health care.

**Table 3.** The fear of falling measured at follow-up: Between the intervention and the control group, over time and within each group.

Odds ratio estimates and profile-likelihood confidence intervals (CI) for the risk of falling	OR	OR Lower CI	OR Upper CI	p-value
Fear of falling at 12 months: intervention versus controls	0.123	0.028	0.667	0.003*
Risk of fear of falling at 12 months in comparison with baseline measures: intervention versus controls	0.117	0.040	0.342	0.001*
Change of fear of falling within the intervention group at 12 months in comparison with baseline measures	0.154	0.070	0.337	0.001*
Change in fear of falling within the control group at 12 months in comparison with baseline measures	1.314	0.633	2.277	0.464

\*Significant  $p < 0.05$

## Experiences (participants)

Physical & Occupational Therapy In Geriatrics, 31(4):281-296, 2013  
© 2013 by Informa Healthcare USA, Inc.  
Available online at <http://informahealthcare.com/potg>  
DOI: 10.3109/02703181.2013.854858

**informa**  
healthcare

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### ARTICLE

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# Thinking and Acting in a New Way: Influences of a Falls-Prevention Program on Participants' Everyday Life

Erika Johansson & Hans Jonsson

*Karolinska Institutet, NVS, Division of Occupational Therapy, Huddinge, Sweden*

Analysing 6 participants narratives

intervention

before

under

after

after 12  
months

All the participants' narratives were within the framework of ageing as physical decline and a process towards a more narrow life. Experiences of falls and/or fall incidences were warning signals about how these processes could take a rapid and qualitative jump. In this framework of ageing the intervention came into the narratives of each participant.



## **Elly Woman 83 Years of Age**

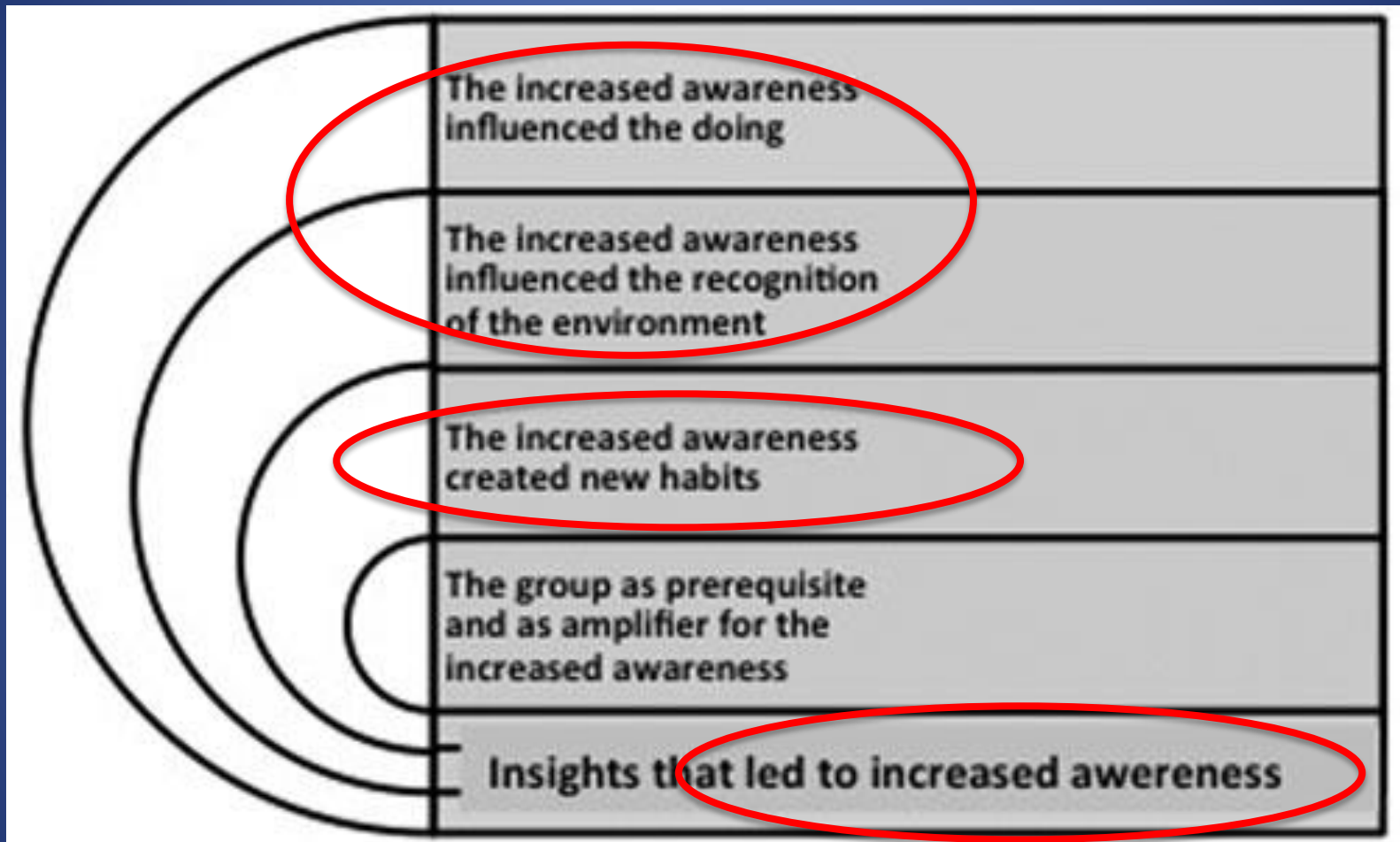
*" Yes, I believe that it (the programme) increased my awareness and I'm more active in my everyday life now. It's like I've realised how important it is for me myself to take action in trying to prevent myself from ending up anxious and afraid to move around. This I've seen among my friends, how a broken hip could lead to the end station in a small white room at the nursing home."*

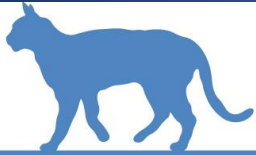
## **Gösta Man 84 Years of Age**

. . . yesterday you know I started to cut the hedge, on this side, but my neighbour has to cut the other side. This is that kind of job, in a new way, as I before always cut the whole hedge on the same day.

Nowadays I cut one piece of it one day and another piece another day. This give my body a balanced challenge and I realise how it makes me feel better and more safe. I don't think of it that much, that I've made a change it's almost as if I've always done it in this way.





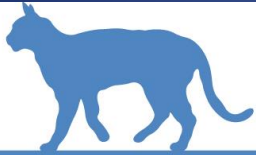


**AKTIV LIVSSTIL  
HELA LIVET**

# OVERALL CONCLUSION







AKTIV LIVSSTIL  
HELA LIVET

# OVERALL CONCLUSION

continued

The fall preventing programme “Active Lifestyle all your life” is feasible for implementation in primary care. The knowledge derived from this evaluation could be of use as a prevention program model for implementing Evidence Based Practice in primary health care and the program creates opportunities for self-initiated and tailored behavioral change of significant importance to the active ageing by using an occupational perspective.

***Thank you for your attention!***

## References:

- Johansson, E., Jonsson, H. (2013). Thinking and Acting in a New Way: Influences of a Falls-prevention Programme on Participants' Everyday Life.. *Physical & Occupational Therapy in Geriatrics*, 31(4): 281-296.
- Johansson, E., Borell, L., Jonsson, H. (2014). Letting go of an old habit: Group leaders' experiences of a client-centred multidisciplinary falls-prevention programme. *Scandinavian Journal of Occupational Therapy* 21 (2), 98-106. DOI:
- Johansson, E., Jonsson, H., Dahlberg, R. & Patomella. A-H. (2015). Does a falls prevention program impact on perceived participation in everyday occupations? – A pilot randomized controlled trial. *OTJR: Occupation, Participation and Health*, 35 (4), 204-212.
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