

Evaluation of a Falls Prevention Program for Independent Elderly

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Objective: To evaluate the effectiveness of an older adult falls-prevention program and describe compliance with the program. **Methods:** The No More Falls! program was evaluated by comparing outcomes of program participants and nonparticipants from the same health care system and by comparing outcomes in pre- and postintervention periods. **Results:** Program participants were 20% less likely to fall than nonparticipants.

Falls during the year after program participation decreased 53%, compared with a 21% decline among nonparticipants. Compliance was positively associated with program effectiveness. **Conclusion:** These findings suggest that the No More Falls! program was successful in reducing falls among older adults.

Key words: falls, older adult, intervention

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