



## **Translating falls prevention knowledge for community-dwelling people living with dementia and their caregivers: What works?**

### **Research area**

Health Promotion: Falls

### **Overview of the project**

This study uses a knowledge translation theoretical framework, supported by several behaviour change theories, to seek to understand the complex phenomenon of moving falls prevention research evidence into practice for people living with dementia. A mixed-method design was employed, with two components investigating falls prevention knowledge translation. Study 1 for PLWD and their caregivers consisted of an initial interview and data collection about falls risk, self-efficacy and carer burden. Goal setting was used to develop a collaborative plan of action, followed by monthly home visits over 6 months to implement the targeted falls prevention strategies according to the readiness by PLWD and their caregiver to change behaviour. Subsequent assessments were conducted at 6- and 12-months. Study 2 for staff of community care agencies consisted of four action research sessions over 6 months to implement change in practice, related to translating falls prevention knowledge.

### **Why is this project important?**

There are a growing number of older people living with dementia (PLWD) across the globe, and this population has a higher rate of falls than cognitively intact older people. Strong research evidence does not yet exist for preventing falls in community-dwelling PLWD, but best practice guidelines suggest using similar strategies to those used for cognitively intact older adults.

### **Key questions that the research is trying to answer**

To explore the translation of falls prevention knowledge (falls risk reduction strategies) for PLWD and their caregivers, within the context of readiness to change behaviour; and

To understand the translation of falls prevention knowledge for PLWD and their caregivers from the perspective of community care staff, and develop a discussion aid to assist community care staff to manage falls within this population.

### **Collaborating Partners**

LaTrobe University, Centre for Health Communication and Participation

Benetas

MECWACare

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Alzheimer's Australia Dementia Research Foundation

Dementia Collaborative Research Centre

**Lead NARI researcher**

Ms Claudia Meyer (PhD candidate)