

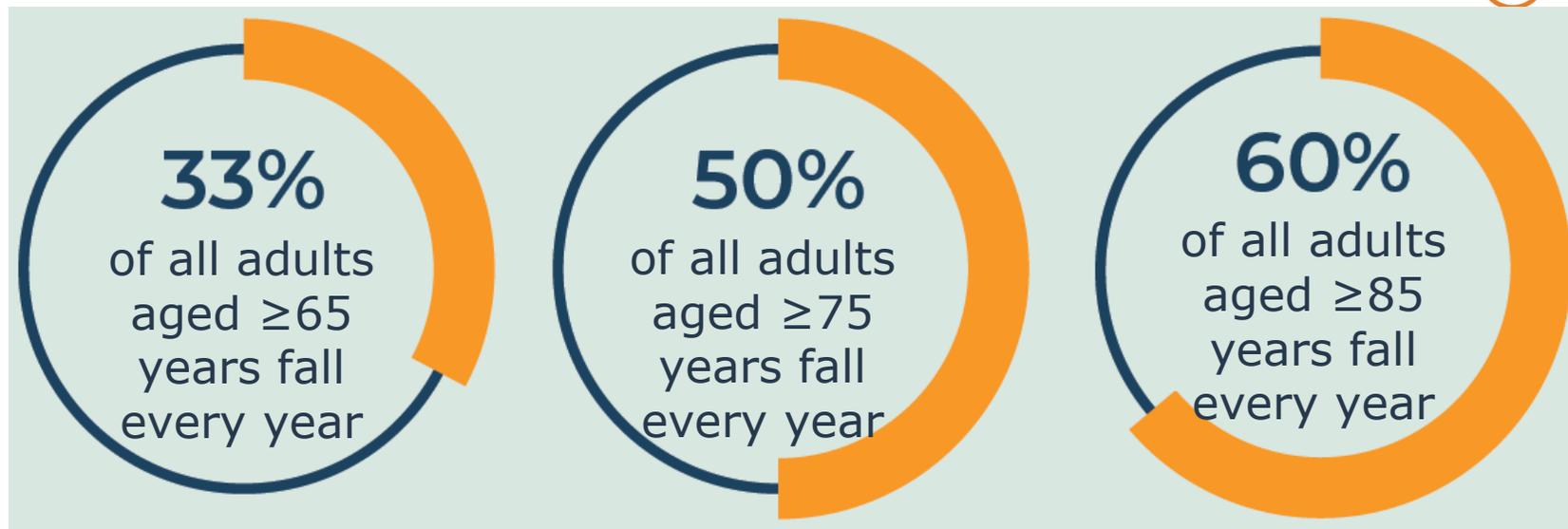
TOM & Co

The (im)possibilities of implementing digital technology in the fall prevention program TOM

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Falls among older adults



Fall-related ED visits, per 100,000 inhabitants



TOM

- Multidisciplinary group-based program
- People aged ≥ 65 years with increased risk of falling
- Aim: to decrease the number of falls
- 3 components:



exercise



nutrition

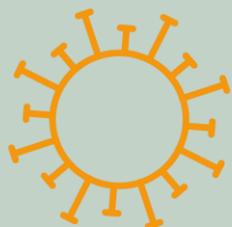


social bonding

Participants rate TOM with a **8.6**



COVID-19



- More inactivity, malnutrition and social isolation
- Implementation of TOM became more complicated
- Aim: develop, execute and evaluate COVID-proof version of TOM
- Gather input from former TOM participants and professionals
- Develop TOM & Co
- Pilot (10 weeks) and evaluate TOM & Co with (former) participants and professionals





	TOM	TOM & Co
Duration	14 weeks	6 weeks
Group size	12 persons	4-6 persons
Information sessions on exercise & fall prevention	3 weeks, once a week (live)	2 weeks, once a week (online)
Exercise sessions	10 weeks, twice a week (inside, live)	3 weeks, twice a week (outside, live)
Nutrition sessions & lunch	6 times, group lunch & live session	2 times, lunch at home & online session
Personal nutrition advice	Twice (live)	Once (live/phone)
Final meeting	In a group (live)	In a group (online/live)
TOM-buddy	Encourages social interaction, prepares lunch, attends sessions	Encourages social interaction, prepares lunch, attends sessions
Digi-buddy	-	Provides support with online sessions



TOM & Co evaluation

Appreciation for being considered during COVID-19, but TOM & Co is not as good as TOM.

Challenges of online sessions (Zoom):

- time consuming
- not suitable for (correcting) exercise
- participants get distracted
- professionals lack skills



Lack of social bonding:

- limited online interaction
- smaller group sizes
- fewer physical contact





Recommendations

Remove digital barriers:

- online sessions <1 hour
- alternate online / live
- knowledge transfer only
- train/support professionals
- use simple online communication tool
- recruit motivated Digi-buddies
- allow enough preparation time



Promote social bonding:

- group size ≥ 6 persons
- outdoor exercise sessions
- group lunches on site





Conclusions

- Digital technology can be used in offering fall prevention to older adults
- Offering online sessions is challenging
- Creating social bonding is limited, but essential

Want to know more?

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