

Feasibility and acceptability of an Integrated Safe Mobilisation Program in Rehabilitation on Functional Mobility and Fall Risks in Older Adults with Cognitive Impairment and Decreased Mobility: A Pilot Study

ACTRN12623000969662

Status	RECRUITING
Sponsor	The University of Sydney
Enrollment	30 participants

Plain Language Summary

Falls are one of the leading causes of injury and loss of independence in older adults, and the risk is even higher in people who also have some degree of cognitive impairment. When older adults with both reduced mobility and memory difficulties are admitted to rehabilitation, they need specialised support — not just to regain their movement, but to form safer habits that will protect them when they return home. Yet current rehab programs rarely include their family members or carers as active participants in this learning.

This pilot study is testing an Integrated Safe Mobilisation Program that trains both patients and their carers in safe movement strategies during a 2-week inpatient rehabilitation admission. Allied health therapists will deliver targeted behavioural coaching alongside standard physiotherapy and occupational therapy, focusing on habits that prevent falls at home.

You may be eligible if you are aged 65 or older, are in an inpatient rehabilitation program under a geriatric specialist, have had a recent fall, have a carer who sees you regularly, have some difficulty with mobility, and have a mild to moderate degree of cognitive impairment. People with severe neurological conditions like Parkinson's disease, or those who are cognitively intact, are not eligible for this particular program.

Key Eligibility Criteria

Inclusion (8)

- Community dwelling adults aged 65 years and over
 - Admitted with a fall or sustained a fall within the previous 6 months
 - Has a carer(s) who either usually live(s) with them or visit(s) at least three times per week when at home
 - Receiving inpatient rehabilitation under a Geriatric Medicine Consultant Physician
 - Able to mobilise with or without a walking aid independently, with supervision or assistance of 1 person at the time of admission into the rehab facility/when is ready for the intervention program to commence
- ... and 3 more (see full listing online)

Exclusion (6)

- Unstable medical conditions
- No regular carer(s)
- Impaired ability to engage in intervention: inability to comprehend or follow simple task instructions, acute confusional state (e.g. delirium), active depression or other psychiatric disorders, severe behavioural disturbances
- Gait disorders with known neurological causes, e.g. Parkinson's Disease, cerebellar ataxia, hemiparetic gait, etc.
- Residents at Aged Care facilities who receive high level care

... and 1 more (see full listing online)

<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12623000969662>

Locations (1 total)

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