

MOVE Together: Reduce falls.

Evaluating a program developed Together with people from culturally and linguistically diverse communities to support older people to MOVE better and Reduce Falls

ACTRN12624000658516

Status	RECRUITING
Sponsor	The University of Melbourne
Enrollment	60 participants

Plain Language Summary

Falls are a serious health risk for older adults, and people from culturally and linguistically diverse (CALD) communities often face extra barriers to accessing fall prevention programs. MOVE Together, developed by the University of Melbourne with input from Arabic-speaking, Chinese, and Italian communities, is a personalised physiotherapy exercise program designed specifically for older adults from these backgrounds.

The program aims to help participants exercise for at least three hours per week, with a focus on balance and strength exercises. A physiotherapist delivers 10–12 sessions either at home, by telehealth, or at a centre. This study will assess whether the program is feasible to deliver and evaluate — and whether it reduces fall risk.

You may be eligible if you are 65 or older, from an Arabic-speaking, Chinese, or Italian community, assessed as intermediate or high fall risk, living in the community, and living within 40 km of the University of Melbourne or 30 km from Sunshine Hospital. People who cannot walk 10 metres, have major cognitive impairment, or are already doing sufficient balance training are not eligible.

Key Eligibility Criteria

Inclusion (6)

- 65 years of age or over
- From Italian, Arabic speaking or Chinese communities.
- Deemed Intermediate or High risk of falls as per the Global Falls Guidelines
- Algorithm.
- Living in the community (including living in a retirement village)

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

Exclusion (9)

- Unable to walk 10 metres.
- Major cognitive impairment
- Unable to provide informed consent.
- Progressive neurological disorder (e.g. Parkinson's Disease)
- Other medical issues which impacts ability to exercise.

... and 4 more (see full listing online)

Locations (1 total)

VIC, Australia

<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12624000658516>

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