

# The Effect of Home Based Fall Prevention Program on Older Adults at High Risk of Falling

NCT06643169

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Status	RECRUITING
Phase	Not Applicable
Sponsor	Istanbul University
Enrollment	82 participants

## Key Eligibility Criteria

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### Inclusion (4)

- Individuals aged 65 years and over with a high risk of falling (Those who score four and above on the Falls Risk Self-Assessment Scale will be determined as having a high risk of falling).
- To be examined by a physical therapist and to obtain consent that there is no harm in exercising (They will be referred to Bartın State Hospital and evaluated by a physical therapy specialist physician),
- Without a diagnosis of orthostatic hypotension,
- Elderly individuals who volunteered to participate in the study were identified.

### Exclusion (4)

- Cardiovascular surgery in the last one year
- Diagnosis of orthostatic hypotension
- Having a neurological or neurodegenerative disease (such as Parkinson's dementia)
- Older people who exercise regularly,

## Locations (1 total)

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Primary Health Center, Bartın, Turkey (Türkiye)