

Screening and recruitment while
in hospital



Baseline measurement
at home



Concealed randomization
n=350



Control Group

Usual care and fall
prevention booklet

n=175



Intervention Group

12-month home exercise
program and fall prevention
booklet

n=175



12 monthly falls and health system contacts diaries and
mobility questionnaires

3- and 12-month physical assessments by a blinded
assessor