

**Supplementary Material**

**Home care worker-supported exercise program to address falls: a feasibility study**

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## **File S1**

### **HOME CARE WORKER (HCW) TRAINING FOR BY YOUR SIDE (BYS) PROGRAM PARTICIPATION**

The BYS program involved comprehensive face to face training for HCWs. A training needs analysis was undertaken via email with the participating HCWs to ascertain their current knowledge of exercise supervision. In line with their needs, a half-day (5 hour) training program was developed and delivered by the study physiotherapist. Competency was assessed via knowledge testing and practical observation to ensure that HCWs met the learning objectives. Training consisted of:

- Awareness of risk factors for falls for older people living in the community;
- Benefits of exercise for well-being and falls prevention and its implications for older adults;
- Understanding the Otago Exercise Program (OEP), performance and safety for each individual OEP exercise and variations in the levels of difficulty of the exercises, and the walking program;
- Monitoring for side effects of exercise;
- Understanding the scope of their HCW role in relation to exercise supervision;
- Building confidence with motivating and supporting their client with participation in the BYS program;
- Use of skype to support the physiotherapist telehealth consultation sessions.

### **Training Program Content**

#### **Introduction**

Exciting opportunity for older participant's and HCW's. Assisting older adults with an exercise program prescribed for them is a great way to help them improve their health and well-being, improve their mobility, balance and function, and decrease their risk of falls.

### **Program background – Healthy & Active Ageing**

Program aims to help improve the health and well-being of participants that have challenges with their function through a wellness approach that aligns with the government's strong focus on healthy ageing.

### **Program background – Co-design Workshop**

Five community-dwelling older adults with and without falls experience were asked to participate in a discussion session to co-design the format of delivering the OEP.

### **Research Protocol**

Initial assessment, 8-week program, assessment, 4 weeks monitoring and encouragement, assessment.

### **Background – falls**

Definition, magnitude of the problem, consequences of falls, falls prevention, falls risk assessment, intrinsic falls risk factors, extrinsic falls risk factors, and falls prevention strategies.

### **Background – benefits of exercise**

Biological and physiological changes in normal ageing, deconditioning, effects of immobility, physical activity, role of exercise and benefits of exercise.

### **Background – balance**

Centre of gravity, base of support, static and dynamic balance, systems of balance, determinants of functional balance, balance dysfunction, balance retraining, functional mobility, determining safe independence in mobility and exercise.

### **Exercise supervision**

Types of exercise, exercise prescription, safety, motivation and encouragement role.

### **Otago Exercises – theory**

The Otago Exercise Program, OEP evidence, warm up / flexibility exercises, strengthening exercises, balance exercises, walking, patient safety.

### **Otago Exercises – practical**

Practice each exercise in the OEP suite, exercise instructions, identifying common tricks and unsafe exercise techniques, safety.

### **Documentation requirements for BYS program**

Documentation, contact information (clinical and / or research team) and communication pathway, knowing who and when to contact for assistance or clarification.

### **Motivation**

Motivating and supporting clients with BYS completion, overcoming motivation issues.

### **Client Education**

“Don’t Fall for It” booklet.

### **Client recruitment**

Client information, recruitment criteria and recruitment process.

### **IT – Skype**

Skype for business, skype uses during BYS program, participant home set up connecting participants with the physiotherapist using Skype.