Falls are a major cause of injuries among older adults including those residing in long term care (LTC) residences. A high proportion of documented falls occur in LTC facilities and that falls that occur unseen, sometimes leaving the victim on the ground alone for hours, are a particular danger (Voermans et al., 2007). The risk of falling could be high for older adults with dementia living in LTC. Studies have shown that individuals with early-stage dementia have an increased risk of falls (Lach et al., 2016). Technology has been employed by some researchers to monitor and prevent falls (Robinovitch et al., 2013; Bayen et al., 2017; Zeeshan et al., 2018). Others have explored the use of balance-promoting exercises to improve gait, strength and balance of older adults in order to limit fall risk (Al-Aama, 2011).

The use of technology has been shown to help in monitoring falls and using exercise programs to improve balance and strength has been shown to prevent falls among people with dementia (Toulotte et al., 2003). It is however not certain whether the use of technology alone is more efficient than the use of exercise programs or combination of technology and exercise programs in preventing falls among older adults with dementia. Therefore, this study will assess the effect of a technology program alone on the detection and prevention of falls among older adults with mild to moderate dementia in a long-term care facility.

Themes:

Check (highlight) the most applicable theme according to the abstract.

- Innovation and Technology
- Health and Wellness
- Culture and Society
- Sustainability and Conservation

Comments:

Interesting study. What will your methods be to conduct this study? Is there an age range in particular? How long will the study last? For the purposes of MURC, you are not required to include references in your abstract.