

The AAIMS Project:

Understanding how to **Attract, Adapt, Implement** and **Sustain** evidence-informed fall prevention exercise in community settings



Attract

Lead:
Dr. Shilpa Dogra,
Ontario Tech University



WHAT: Increase participation of underrepresented groups in community fall prevention exercise programs.

WHY: The majority of participants in community fall prevention programs are middle-class white women.

HOW: Leading focus groups and interviewing individuals from equity-deserving groups to co-create strategies to overcome identified barriers.



Lead:
Dr. Kathryn Sibley,
University of Manitoba

Adapt

WHAT: Adapting existing community exercise programs to ensure they are backed by research.

WHY: Only 6% of community exercise programs in Canada are evidence-informed.

HOW: Analyze programs that are currently available and provide support to adopt best-practice guidelines.

Implement

Lead:
Dr. Danielle Bouchard,
University of New Brunswick



WHAT: Support communities without any existing fall prevention exercise programs available.

WHY: While over 334 communities in Canada offer fall prevention programs, many more do not.

HOW: Collaborate with community partners to implement an evidence-informed fall prevention exercise program called Zoomers-on-the-Go.



Lead:
Dr. Scott Kehler,
Dalhousie University

Sustain

WHAT: Ensure the programs that are adapted and implemented are also sustainable over the long-term.

WHY: To maximize benefits, fall prevention programs must be sustainable.

HOW: Perform sustainability assessments and provide guidance on how to maintain programs long-term.