



Raising awareness for frailty and fall prevention through lifelong learning

Open Online Course on Novel Biomechanical Technologies for Assessment of Frailty and Prevention of Falls in Elderly.

Who is teaching the course

The course results from the collaboration between Instituto Superior Técnico (IST) and Faculdade de Motricidade Humana (FMH), both from Universidade de Lisboa (UL), Instituto de Biomecánica de Valencia (IBV), Istituto Nazionale di Riposo e Cura Anziani (INRCA) and European General Practice Research Network (EGPRN).



Project title

“Fall-in-Age: Innovative Training for Technology-based Frailty and Falls Management”

For more information and registration on the course, visit us at:



✉ fallin角度@tecnico.ulisboa.pt

🌐 <https://fallin角度.tecnico.ulisboa.pt>

f www.facebook.com/FallinAngle

in www.linkedin.com/company/fall-in-age

Partners



Co-funded by the
Erasmus+ Programme
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**Innovative Training
for Technology-based
Frailty and Falls
Management**

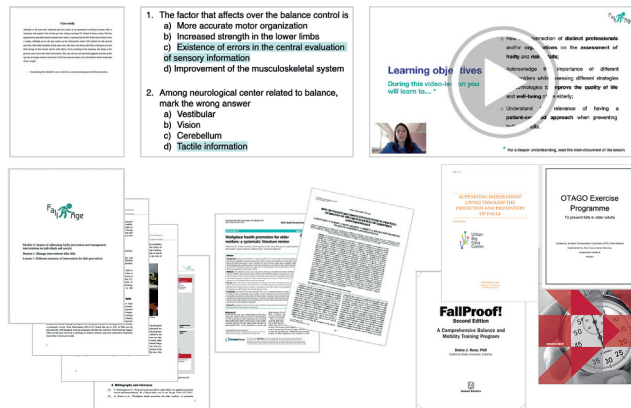
An Open Online Course

Who is the target

Fall-in-Age is an ERASMUS + project that aims to develop and implement an online open course for **students, primary care professionals** (family doctors and nurses), **specialists in geriatrics** and **gerontology, senior training specialists**, and **rehabilitation, occupational medicine** and **health professionals**.

Course at a glance

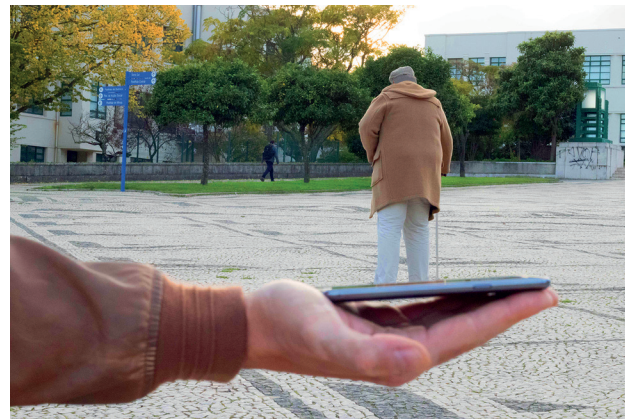
- **Open** online course
- **4 Modules**
- **40 hours** (including autonomous work)
- **Certificate** of approval*
- **Theoretical, interactive, and problem-based learning**



* By Request

Topics focused

- 1 Relation between Frailty and Falls in older adults
- 2 Impact and relevance of Frailty and Falls assessment in primary healthcare systems and society
- 3 Risk factors and prevention
- 4 Biomechanical aspects related to functional deterioration, frailty and falls
- 5 Active aging and functional capability surveillance
- 6 New technological applications



Technology to support older adults and improve their quality of life.

Course structure

> Module 1

Introduction, background and fundamental concepts

- Session 1 – Introduction to frailty and aging
- Session 2 – Main consequences of falls
- Session 3 – Evaluation

> Module 2

Introduction to bodily harm assessment

- Session 1 – Methodologies for frailty and risk of falling assessment
- Session 2 – Available tools to screen risk of falls
- Session 3 – Evaluation

> Module 3

Reduction of frailty and fall risk

- Session 1 – Guidelines and protocols
- Session 2 – Techniques to reduce the risk of falling and prevent frailty
- Session 3 – Evaluation

> Module 4

Impact of the prevention and management interventions in frailty

- Session 1 – Manage interventions after falls
- Session 2 – Impact of falls on individuals and society
- Session 3 – Evaluation

> Final Evaluation