

Application of the World Falls Guidelines to Online Self-Assessment

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What we did

This project involved the co-design of a digital prototype to self-assess falls risk in older adults using the World Falls Guidelines and direct them towards appropriate support in one NHS board in Scotland, UK.

Phase 1  4 semi-structured interviews with older people

Phase 2  2 workshops with older people and unpaid carers

Phase 3  8 workshops with older people and unpaid carers

What we found

- Modification to language and presentation is needed to make the falls algorithm suitable for self-assessment without the presence of a clinical practitioner.
- Participants showed considerable nuance in how they approached questions and tasks based on their personal context (e.g. mental and physical state, living situation, previous experiences with professional services, etc.).
- Participants also preferred more positive, asset-based language (e.g. living independently).

