



## Welcome: 1st and 2nd October 2019 EU Falls Festival in Umeå, Sweden

*We are pleased to announce that the international EU Falls Festival is celebrating its fifth anniversary and will be held in Umeå.*

Over the course of two days, world-leading researchers from across Europe and the Globe will gather together in Umeå with professionals, politicians and decision makers to share the latest knowledge about fall prevention.

We will listen to latest evidence in the field of research on falls including successful implementation and good examples from different type of areas. Have a peek at ongoing research and network with representatives from other countries. During the conference, there will be an exchange of experiences between decision-makers in Europe and international attendees on the strategies that are adopted to meet the common socio-economic challenges "Europe's population is aging at a rapid pace and more fall injuries affect the older population".

The conference's target audience is researchers, decision-makers, politicians, healthcare professionals, development leaders, companies and others engaged with reducing falls injuries in the population.

Welcome to Umeå

<https://www.visitumea.se/en>

<http://www.eufallsfest.eu>



## Program: Day one 1st of October

**10:00-10:30**

**Registration, refreshments (or Fika as we say in Sweden) exhibitions and poster show**

**10:30-12:15**

### **Welcome speech and opening of the fifth European Falls Festival**

Chris Todd, Professor Manchester University, UK

Clemens Becker, Professor Robert Bosch Krankenhaus, Stuttgart, Germany

Katrine Riklund, pro-vice-chancellor Umeå University

Åsa Bygdeson, Development Leader Region Västerbotten, Coordinator EUFF 2019

Erik Rosendahl, professor Umeå University – Chair Local Steering Group EUFF 2019

### **Talking about my generation**

Gustaf Bucht, Professor Emeritus, Geriatric Medicine and spokesperson for senior citizens organisations in Sweden

### **Has the landscape of knowledge on falls prevention changed?**

Sarah Lamb, Professor, Oxford University, UK

### **Innovative implementation of different ways to deliver exercise**

Dawn Skelton, Professor, Glasgow Caledonian University, UK – FaME and the collaboration of community exercise services in the UK

Kilian Rapp, Professor, Robert-Bosch Hospital Stuttgart, Germany – Otago and the collaboration of the Farmers Association

**12:15-13:30 Lunch, poster show and exhibitions**

**13:30-14:55**

### **Parallel sessions, workshop, page 3**

- Implementation of falls prevention programmes
- Falls prevention for people with specific conditions
- Innovative interventions on falls prevention & Perspectives of fall prevention by older people
- Workshop Expect the Unexpected

**15:20-17:00**

### **Same challenge but different solutions - examples of national strategies. Europe's population is aging rapidly, leading to an increasing number of older people injured due to fall accidents**

Daniel McIntyre, Public Health England, Louise Ansari, Centre for Ageing Better

Michaela Prochazaka, The National Board of Health and Welfare

### **Breaking new ground – Compliant flooring to prevent fall-related injuries in older adults: results from the Flooring for Injury Prevention (FLIP) Study**

Dawn Mackey, Associate Professor, Simon Fraser University, Canada

**Closing of EUFF day one, Dinner and mingle 18:30 @P5**



## Program: Day two 2nd of October

**08:30-09:00**

**Registration, refreshments (Fika) exhibitions and poster show**

**09:00-10:25**

### **Digital technology to prevent falls**

Marlene Sandlund, Assistant Professor, Umeå University, Sweden

Jorunn Helbostad, Professor, Norwegian University of Science and Technology, Norway

Professor Eling de Bruin Karolinska Institutet, Sweden and Privatdozent ETH Zurich, Switzerland

### **The importance of good nutrition and hydration for falls prevention: a report from Sweden**

Hanna Eneroth, PhD International Health, risk-benefit assessor and nutritionist, National Food Agency, Sweden

**Large scale implementation of a national quality register in Sweden: Prevention of malnutrition, poor oral health, falls, pressure ulcer, bladder dysfunction as a five-piece puzzle**, Kristina Malmsten, Josephine Garpsäter, National Quality Register for Preventative Care (Senior Alert)

**10:35-12:00**

### **Parallel sessions, page 4**

- Technology based measurements and interventions of falls
- Public health initiatives
- Mechanisms and aetiology of falls

**12:00-13:30 Lunch, poster show and exhibitions**

**13:30-16:00 (including fika)**

**Provoking loss of balance; perturbation exercise to prevent falls in patients with stroke and Parkinson's disease**  
Itshak Melzer, Professor, Ben-Gurion University of the Negev, Israel.

### **Exercise and falls in people with dementia**

Philippe de Souto Barreto, Professor, Université Paul Sabatier, France

**VIVIFRAIL experience. A novel tool for prescribing individualized exercise program in frail older adults**  
Álvaro Casas Herrero, Geriatrician, MD, PhD, Complejo Hospitalario de Navarra, Spain

**Announcement of winning poster**

**Closing of EUFF 2019**



# Day one parallel sessions and workshop

## Workshop

### **Expect the Unexpected - News in Perturbation**

Welcome, Prof. Clemens Becker, Robert-Bosch-Krankenhaus Stuttgart, Germany  
Therapeutic Approach in Patients, Prof. Itzik Melzer, Ben Gurion University of the Negev, Israel  
Mechanics of Balance Tutor, Dr. Lars Schwickert Robert-Bosch-Krankenhaus, Stuttgart, Germany  
Fall Prevention in Older Adults, Dr. Michael Schwenk, Zentrum für Altersforschung, Heidelberg, Germany  
Hands – On – Session, Dr. Lars Schwickert and Dr. Michael Schwenk

## **Implementation of falls prevention programmes**

Invited speakers:

### **Escalating the implementation to increase reach over time**

Senior alert – A Swedish national quality registry for those who work with preventive health care.  
Kristina Malmsten and Josephine Garpsäter, senior alert Jönköping

### **Stay Mobile Stay Connected**

This presentation will explore why we need to build a new narrative and vision about active ageing within the context of wider society.  
Nicola Hanssen General manager Roar, connections for life, Glasgow, Scotland

### **How to succeed with large-scale change**

– towards having the least fall injuries in Sweden.  
Kristina Nordmark, Organization developer, Skellefteå Municipality, Sweden

Selected from showcase:

### **Effectiveness of a self-managed digital exercise programme to prevent falls in older community-dwelling people**

– the Safe Step randomized controlled trial.  
Beatrice Pettersson, Phd student, Department of Community Medicine and Rehabilitation, Umeå University, Sweden

### **The use of intelligent technology in exercise-based falls prevention**

Arto Hautala, Adjunct Professor of Physiotherapy, PhD (Physiology), MSc (Biomechanics), PT Director, Research & Education, Finland

## **Falls prevention for people with specific conditions**

Invited speakers:

### **Are dance and aquatic therapy beneficial for people with Parkinson's disease?**

Dr Amanda Clifford, PhD, BSc, GCAP, Senior Lecturer in Physiotherapy, School of Allied Health, Ageing Research Centre, Health Research Institute, University of Limerick, Ireland

### **MIDRED Study**

– Team based rehabilitation for persons with dementia living in community dwelling.  
Nina Lindelöf, PhD Department of Community Medicine and Rehabilitation, Umeå University, Sweden

### **UMDEX Study - Exercise effects on walking backwards in people with dementia**

Annika Toots, PhD, Department of Community Medicine and Rehabilitation, Umeå University, Sweden

Selected from showcase:

### **Falls in persons with spinal cord injury - clinical implications of the SCIP Falls study**

Vivien Jørgensen PT, PhD, Sunnaas Rehabilitation Hospital, Norway. Emelie Butler Forslund, PT, PhD Rehab Station Stockholm/Spinalis, Sweden

### **Falls and fear of falling are common in idiopathic normal pressure hydrocephalus**

Jenny Larsson, Phd student, Department of Pharmacology and Clinical Neuroscience, Umeå University, Sweden

## **Innovative interventions on falls prevention & Perspectives of fall prevention by older people**

Selected from showcase:

### **Evaluating compliant flooring as a fall injury reducing measure in a residential care setting**

Johanna Gustavsson Phd, Karlstad Sweden

### **Comparison of a group – delivered and individually delivered Lifestyle**

– Integrated Functional Exercise (LiFE) program for preventing falls in older people.  
Dr Michael Schwenk, Heidelberg University Germany

### **Staying Steady Schools**

– Intergenerational falls awareness sessions between primary school children and older adults.  
Oliver Williams, Falls Strategy Implementation Lead at Cardiff and Vale University Health Board

### **A qualitative study exploring physiotherapists' views on the Otago exercise programme for falls prevention**

– a step stone to age in place and faith in the future.  
Maria Bjerk, Phd, Oslo Metropolitan University, Department of Physiotherapy, Norway

### **Community dwelling older adults experiences of falls prevention programmes: a qualitative metasynthesis**

Dr Amanda Clifford, Senior Lecture in Department och Clinical Therapies, University of Limerick, Ireland

# Day two parallel sessions

## Technology based measurements and interventions of falls

Invited speakers:

### **Cost Effectiveness of Exergame as falls prevention**

Chris Todd Professor and Phd Emma Stanmore, Manchester University, United Kingdom

Selected from showcase:

### **Treadmill training augmented by virtual reality improves dual task and obstacle crossing gait in a mixed group of fallers**

Lisa Alcock, Phd Biomechanics, Institute of Neuroscience, Newcastle University, UK

### **Developing and testing the acceptability and usability of smartphone applications to support falls rehabilitation exercise**

Dr Helen Hawley-Hague Ba. MA. Phd, Manchester University, UK

### **Ecological validity of the LOLA app - a wrist-worn fall detector for the elderly**

Dr Cristina Soaz, Technical University Munich, Germany

### **SALUTOGEN**

– User-centered development and prototype testing of a system supporting seniors' physical activity for fall prevention.

Maria Ehn, Phd in Biotechnology, Mälardalen University, Sweden

## Public health initiatives

Invited speakers:

### **The Raising the Bar on Strength and Balance Report**

– Local challenges, models of delivery and innovation to support whole system delivery in the UK.

Jane McDermott & Dr Lis Boulton, University of Manchester, United Kingdom

### **HAI Study**

– Effects of a primary prevention program on fractures in 70 year olds"

Peter Nordström, Professor Umeå University, Sweden

### **How to prevent the risks of falls**

Lena Martin, Karin Thorheim and Eva Lejman, The National Board of Health and Welfare, Sweden

Selected from showcase:

### **Implementation of Falls prevention of older people in the joint authority for Päijät-Häme social and health care**

Satu Havulinna, National Institute for Health and Welfare, Finland

### **Stand Up Stay Up – A whole systems approach to falls prevention**

Asley Martin, Public Health Project Manager, The Royal Society for the Prevention of Accidents UK

## Mechanisms and aetiology of falls

Selected from showcase:

### **Fall-related injuries for three ages groups – Analysis of Swedish registry data 1999–2013**

Robert Ekman, Associate Professor, Med. Dr Architecture and Civil Engineering, Building Design, Chalmers, Sweden

### **Using the frequency power spectrum to learn more about ageing postural control and fall-related concerns**

Mascha Paulsen, Department of Health Sciences, Luleå University of Technology, Sweden

### **The relation between fall-related concerns and mobility in older age may be explained by underlying physical capacity and psychological factors**

Lars Nyberg, Professor, Department of Health Sciences, Luleå University of Technology, Sweden

### **Walking behavior pre-and post-fall in persons with neurodegenerative diseases using body-worn sensors**

Cristhoper Moufawad el Achkar, PhD, Lusanne University Hospital, Switzerland



## Speakers



**Álvaro Casas Herrero**, Geriatrician, Complejo Hospitalario de Navarra, Spain



**Eling de Bruin**, Professor, Karolinska Institutet, Sweden and Privatdozent ETH Zurich, Switzerland



**Dawn Mackey**, Associate Professor, Simon Fraser University, Canada



**Dawn Skelton**, Professor, Glasgow Caledonian University, UK



**Hanna Eneroth**, PhD International Health, National Food Agency, Sweden



**Itshak Melzer**, Professor, Ben-Gurion University of the Negev, Israel



**Jorunn Helbostad**, Professor, Norwegian University of Science and Technology, Norway



**Kilian Rapp**, Professor, Robert-Bosch Hospital Stuttgart, Germany



**Marlene Sandlund**, Assistant Professor, Umeå University, Sweden



**Philippe de Souto Barreto**, Professor, Université Paul Sabatier, France



**Sarah Lamb**, Professor, Oxford University, UK



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EU FALLS FESTIVAL



region  
västerbotten