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McHeELP project (**M**otor **c**ontrol **H**ome **e**rgonomics **El**derlies’ **P**revention of falls)

Project title: The effect of the implementation of a combined motor control and ergonomic safety-improvement home-based program in the reduction of falls in ambulatory frail elderly

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The aim of the **McHeELP research project** is to develop and evaluate a combined intervention of motor control exercises and ergonomic arrangements of the home-environment in order to reduce falls in frail ambulatory elderly. Participants will be ≥65 years old. They will be recruited from the regions of Attica and Achaia, using flyers, posters, and advertisements in newsletters, in cooperation with Open Care Centres for the Elderly of Patras, Aigio and Athens (Cholargos and Agios Dimitrios).

A key expected outcome is a reduction of the fall incidences and/or their severity, as well as an improvement in the functionality and quality-of-life of the frail elderly within their home-environment. Secondary expected outcomes include a decrease in their fear of falling, and an improved motor control; the reduction of reaction time by practicing specific functional activities and transfer this effect to daily-life activities. Finally, adjustable factors are expected to be easily identified, increasing the benefits for primary and secondary health care system. Collaborators of the study are the University of Patras and University of West Attica.

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