



Neuroscience Research Australia  
A/Prof Kim Delbaere - StandingTall-Plus Study  
Reply Paid 1165  
RANDWICK NSW 2031

**Standing  
Tall**



*StandingTall*

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Neuroscience Research Australia

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**Standing  
Tall**

Are you concerned about  
having a fall? Do you want  
to improve your balance?



We are looking for volunteers



## Falls

Falls are very common in older populations. One in three people over 65 will fall each year, and about half will fall again. Out of all falls, a quarter will result in an injury.

There is good news though! It is possible to reduce your risk of falling.

*StandingTall* Plus combines interventions known to reduce the incidence of falls. The program is tailored to each individual's abilities and fall risk profile.

## *StandingTall* Plus

Our program offers an individualised and evidence-based approach to fall prevention and involves:

- Home-based program, delivered through a tablet computer application (eg. iPad)
- Balance exercises (to improve balance & mobility)
- Brain-training (if required, to help you to think quicker on your feet)
- Cognitive Behavioural Therapy (if required, to address low mood or concerns about falls)



## How will it work?

Participants are randomly allocated into one of two groups:

- The Exercise Group will receive the *StandingTall* Plus program and a health education program.
- The Health Education Group will receive a health education program while continuing their usual activities. Health Education Group participants will receive the *StandingTall* Plus program after 12 months.

Both groups provide feedback in the form of questionnaires and physical/cognitive assessments at 0, 6 & 12 months.

## So what's in it for you?

- ✓ The program is entirely free
- ✓ You can do the exercises at home at a time that works for you
- ✓ You are making a very important contribution to medical research

## Who can participate?

- People aged 65 years or older
- Living in the Sydney metropolitan area
- Plus one or more of below:
  - Fallen in the last 6 months
  - Somewhat concerned about falling
  - 80+ years
- Independent in daily activities
- No progressive neurological condition (e.g. Parkinson's disease, Alzheimer's disease)



## Want to participate?

Please detach this panel and send us the completed contact information form (no stamp required).

Alternatively, you can contact us on [02 9399 1888](tel:0293991888) or [standingtallplus@neura.edu.au](mailto:standingtallplus@neura.edu.au)

## Contact Information

Name:

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Contact Number:

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Email:

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Suburb:

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