Introduction There is a plethora of fall prevention programs for older community-dwelling people. The evidence for exercise-based programs is strong. There is a problem however with implementation and adherence. Motivational factors and barriers have been identified to some extent. Previous studies have shown that what works best is when exercise programs are tailor made, home based, and when people have access to personal feedback on a regular basis. Mobile applications for Smartphones with exercises have these advantages, and have been available for a long time, but these are most commonly directed to young and middle-aged people. There are no applications for fall prevention developed based on senior’s own wishes. The aim was to investigate how healthy older community-dwelling women and men reason and what exercises they prefer when participating in development and design of a fall prevention program in shape of a mobile application for Smartphones.

Method Participatory and appreciative action research design with focus group interviews and workshops. Qualitative data analysis.

Results The preliminary results show that when older community-dwelling men and women participate in developing a fall prevention program for Smartphones, they have many ideas, thoughts and experiences that may serve as a motivational factor for following a fall prevention program regularly.

Conclusion The implementation and adherence for evidence based fall preventative exercise programs is insufficient. This study will gain knowledge to design tailor made, home based fall prevention exercise programs among community-dwelling healthy seniors.

Keywords mobile applications, fall prevention, older people
Author Type     Presenting Author     Corresponding Author

Author Order   1
First Name     Petra
Middle Name
Last Name      Pohl
Department     Department of Community Medicine and Rehabilitation
Organization  Umea University
City           Umea
Country        Sweden
E-Mail Address petra.pohl@physiother.umu.se

Author Type     Co-Author
Author Order   2
First Name     Birgitta
Middle Name
Last Name      Bergvall-Kareborn
Department     Department of Business Administration, Technology and Social Sciences
Organization  Lulea University of Technology
City           Lulea
Country        Sweden
E-Mail Address Birgitta.Bergvall-Kareborn@ltu.se

Author Type     Co-Author
Author Order   3
First Name     Lillemor
Middle Name
Last Name      Lundin-Olsson
Department    Department of Community Medicine and Rehabilitation
Organization    Umea University
City    Umea
Country Sweden
E-Mail Address  Lillemor.Lundin.Olsson@physiother.umu.se

Author Type    Co-Author
Author Order    4
First Name    Christina
Middle Name
Last Name    Ahlgren
Department    Department of Community Medicine and Rehabilitation
Organization    Umea University
City    Umea
Country Sweden
E-Mail Address  Christina.Ahlgren@physiother.umu.se

Author Type    Co-Author
Author Order    5
First Name    Marlene
Middle Name
Last Name    Sandlund
Department    Department of Community Medicine and Rehabilitation
Organization    Umea University
City    Umea
Country Sweden
E-Mail Address  Marlene.Sandlund@physiother.umu.se
Author Type  Co-Author
Author Order  6
First Name  Anita
Middle Name
Last Name  Melander-Wikman
Department  Department of Health Sciences
Organization  Lulea University of Technology
City  Lulea
Country Sweden
E-Mail Address  Anita.Melander-Wikman@ltu.se