



© Designed for seniors

© Validated by clinicians

© Makes exercising fun

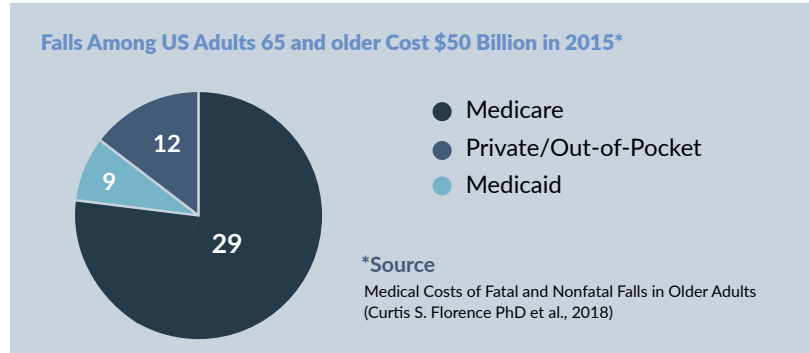
© Can be used at home

## Falls in Seniors - A global health crisis

According to the World Health Organization (WHO), **falls are the second leading cause of accidental or unintentional injury deaths worldwide**. Adults older than 65 years of age suffer the greatest number of fatal falls.



For use in care home and health centres.



## A way to help reduce falls? Exercise!

- Muscle strengthening and balance retraining necessary to reduce risk of falls in seniors (WHO).
- Studies using validated exercise programs show **fall reduction in seniors by up to 35%**.

## The Evolv Fall Prevention Program

Evolv and a team of international clinicians and researchers have developed a **Multicomponent Digital Fall Prevention Program** using virtual reality, motion capture technologies and gamification.

- Validated exercise regime for seniors at risk of falling.
- Increases stamina, muscle strength and improves balance and gait.
- Personalized program for each person.
- Assessments and analytics to track adherence and performance.



Allows fall prevention training at home.

## Using the Fall Prevention Program in the community

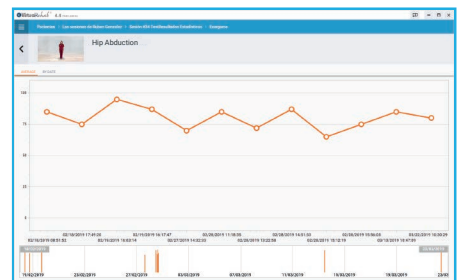
The Evolv Fall Prevention Program can be used in **care homes, seniors communities, community health centers and at home** allowing more elderly people to access this much needed healthcare service.

## Fall Prevention at home

What better place to have personalized treatment than in the comfort of your own home? We make it possible with the **Evolv HomeKit**, consisting of a 22" touchscreen, mini PC, camera sensor and a 4G modem to provide internet access. The home kit operates with one button making it very simple to use.

"It is no secret that regular, intentional strengthening exercises can help to prevent falls in older adults, which is a growing problem globally. However, the logistics of providing these services to all older adults who need them is not feasible using conventional strategies like one-on-one training or physical exercise classes. The Evolv solution is an elegant and scalable solution to this problem: pairing state-of-the-art technology with approachable design, allowing every at-risk older adult to have a fall prevention clinic in their home"

*David Putrino, Director of Rehabilitation Innovation for the Mt Sinai Health System*



For more information on the Evolv Fall Prevention Program, contact us at [info@evolvrehab.com](mailto:info@evolvrehab.com)