



Non-Pharmacological  
Intervention Society

## Non Pharmacological Interventions Registry

# Notice : LiFE (Lifestyle-integrated Functional Exercise) program

Health problem: Risk of falls



Psychosocial

Sheet Code

**NPIS-00000007**

### Designation

LiFE (Lifestyle-integrated Functional Exercise) program.

### Main Indication

Reducing the risk of falls in people over 65 years of age at high risk of falling, and people over 80 years of age at moderate or high risk of falling.

### How does it work?

- This program includes 1 session of half an hour per week, over a period of 2 months.
- These sessions, all supervised by the practitioner, take place individually, at home or in an institutional setting (e.g. nursing home ).
- Progressive exercises performed with the practitioner to improve strength, balance and coordination in daily activities are then to be performed independently, several times a day.

- The emphasis on integrating the exercises into daily tasks makes it easier to carry out this program and maintain their practice over time.

## Other Benefits

- Improved balance.
- Improved autonomy.

## Direct Risks

- Falls with minor consequences.
- Fatigue and minor aches and pains.

## Risks of interaction

None observed to date.

## Contraindications

Contraindicated in cases of severe cognitive impairment, as well as in people suffering from acute conditions or uncontrolled cardiovascular conditions (to be seen with the prescribing physician ).

## Precautions

- If you wear glasses or a hearing aid, wear them during the sessions.
- Make sure to wear comfortable clothing and shoes should provide good support both indoors and outdoors.
- Alcohol consumption should be limited.

## Regulatory provisions

- On medical prescription from the INM.
- Implementation by an occupational therapist or a nurse , trained at this INM.

## Author(s) of the Sheet

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**LiFE (Lifestyle-integrated Functional Exercise) program**, NPIS reference document for INM, Code sheet NPIS-00000007, Version V02, 2024.

**Link to the online listing:** [click here](#).

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### Contact the NPIS

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