



Non-Pharmacological
Intervention Society

Non Pharmacological Interventions Registry

Notice : α Gir+ Intergenerational protocol for gait rehabilitation to prevent falls and loss of independence in older adults

Health Problem : Risk of fall



Bodily

Sheet Code

NPIS-000000031

Designation

Intergenerational protocol for gait rehabilitation to prevent falls and Loss of independence in older adults

Abbreviation

α Gir+

Main Indication

The primary goal of this protocol is to prevent the risk of falls and loss of independence among older adults by helping the body regain proper balance and improve coordination.

How does it work?

The αGir+ program is a walking exercise program designed specifically for older adults. It helps restore good coordination and natural movement, thereby reducing the risk of falls.

The exercise is done in pairs, arm in arm: a senior walks accompanied by a younger guide. This way of walking allows the pair to synchronize naturally: their steps match, and this helps the older person regain a more stable and fluid walking rhythm.

Researchers have shown that, during this interaction, the guide's body "leads" the senior's, much as if the younger person's system were helping the older person's to readjust. This is known as the principle of "harmonizing complexities."

Each session includes several pairs-walking sequences, repeated three times a week for three weeks.

When this regimen is repeated three times a week for three weeks, a gradual and lasting restoration of walking complexity has been observed, measurable during independent walking (solo sequences) and even two months after the program ends. This improvement is accompanied by clinical benefits observed in balance, endurance, self-confidence, and overall motor performance.

Other Benefits

Studies have shown a significant improvement in handgrip strength within the experimental group. This parameter is a recognized indicator of overall health, reflecting muscle function, nutritional status, and physiological reserve. Numerous studies have shown that low grip strength is associated with an increased risk of complications, daily dependence, and mortality in older adults. Thus, the improvement observed in this test could reflect not only an increase in muscle performance but also an improvement in overall health and long-term prognosis.

Direct Risks

The protocol involves performing walking sequences at a normal pace. In addition, older adults walk arm-in-arm with a young guide. Consequently, the direct risks are low and consist mainly of possible mild muscle fatigue, as well as a minimal risk of falling or injury during functional tests. By taking appropriate safety measures, including continuous monitoring and adjusting the walking speed to each individual, these risks are minimized.

Risks of interaction

None observed to date.

Target Audience

Any older adult who:

- Is over 60 years of age,
- Is independent (GIR 5 and 6),
- Can walk for 15 minutes without stopping,
- Is able to understand the program instructions,
- Has no medical conditions that would prevent them from engaging in physical activity,
- Has no neurological or cardiovascular disorders.

Contraindications

- Presence of medical contraindications to participating in adapted physical activity, such as: uncontrolled cardiovascular disease, severe musculoskeletal disorders that limit walking, or any medical condition deemed incompatible with participation in the protocol by a healthcare professional.
- Advanced cognitive impairments preventing the participant from understanding or following the protocol instructions.
- Gait and balance disorders.

Duration

This program runs for 3 weeks, with 3 sessions per week.

Each session consists of 4 15-minute walking intervals separated by 10- to 15-minute rest periods.

Sessions per week

3 sessions: Monday, Wednesday, and Friday

Precautions

It is recommended that, before the intervention begins, a detailed participation schedule be established covering the entire three-week program, including the dates for pre- and post-intervention assessments. This initial planning helps ensure greater participant engagement, reduces the risk of absenteeism or forgetfulness, and guarantees better continuity in the program's implementation.

If the program is held outdoors, it is important to have a backup location to ensure that sessions can take place regardless of weather conditions.

Finally, having participants sign an information and/or commitment form can help strengthen their involvement and ensure their regular participation.

Regulatory provisions

No special measures.

Main Initiator

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

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